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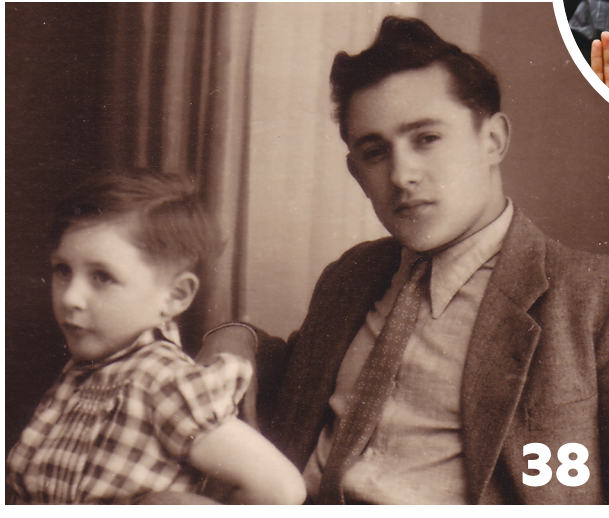

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Cover photo by Paul Weig/ U.S. World War One Centennial Commission

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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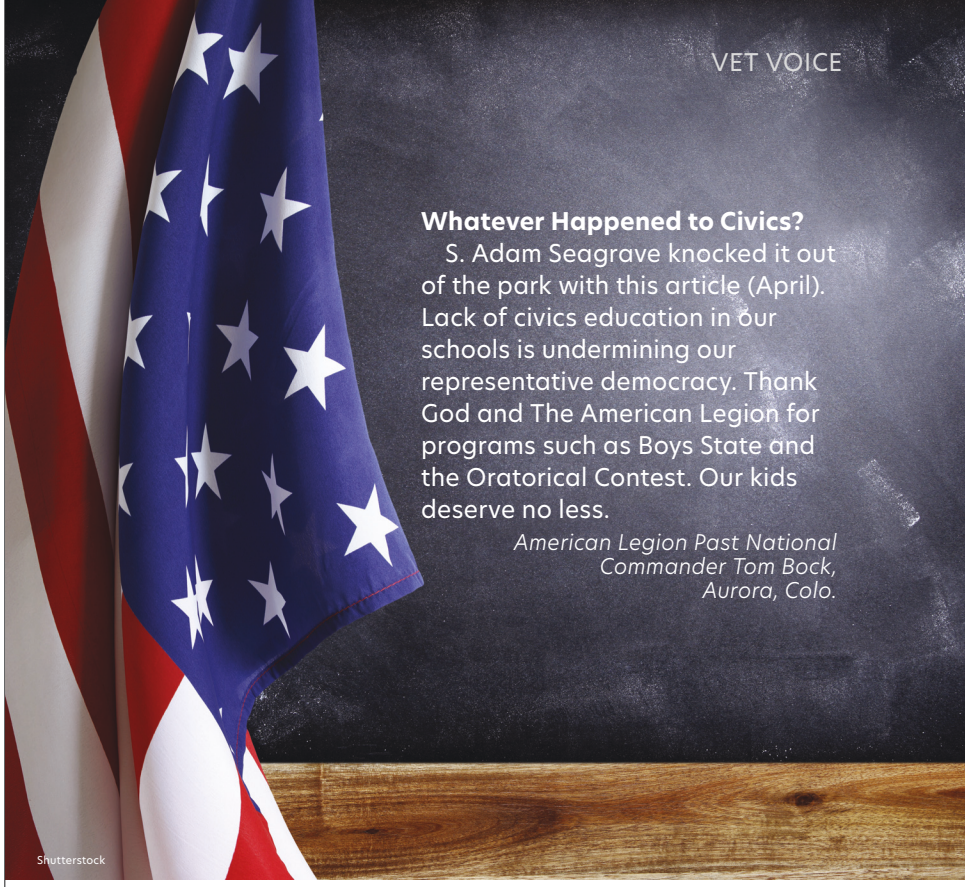

Whatever Happened to Civics?

S. Adam Seagrave knocked it out of the park with this article (April). Lack of civics education in our schools is undermining our representative democracy. Thank God and The American Legion for programs such as Boys State and the Oratorical Contest. Our kids deserve no less.

American Legion Past National Commander Tom Bock, Aurora, Colo.

As S. Adam Seagrave points out, the subject of civics has taken a backseat in American education. I taught fifth-grade social studies for 26 years. It was one of my favorite subjects to share with my students. I went through my early education learning about exploration, our presidents, wars, heroes, our Constitution, our flag and other significant parts of this great country's story. When it was my turn as an educator, I did my best to instill the same love of history. What I found, however, was that the classroom day and year were crammed with more and more mandated curricula – a 5-pound sack with 10 pounds of stuff. The result was less time spent on more topics. I believe part of the answer involves a longer school year and motivated teachers, with support from home and administrations that recognize the importance of civics.

Jack Gardner, Cotuit, Mass.

S. Adam Seagrave's civics article is one of the most compelling I have read. As a political science major at Santa Clara University and a former Air Force pilot, I am saddened that so few young Americans understand the basics of our democracy. His plea should be mandatory reading for every politician, teacher and school board member in the country.

Patrick Talbot Hall, Pacifica, Calif.

I agree with concerns about the lack of teaching about civics in America. However, all Florida high school students must now pass a class in government and a class in economics to graduate.

I'm a retired Coast Guard veteran and taught this class last year. My students know U.S. civics, including federal, state and local government.

We are winning here in the Sunshine State.

John Dolan-Heitlinger, Key West, Fla.

My husband is a member of The American Legion and enjoys the camaraderie. The magazine is the best of all the ones we get from other organizations. We both read it cover to cover.

S. Adam Seagrave's article on civics education will be copied and sent to my three children so they can be aware of how little their kids are learning about our Constitution. I have been concerned about it for years. Thank you.

Sharon Gibbons, Panama City Beach, Fla.

The Boxes of Vietnam

I read Keith Nightingale's article with great interest (April). It brought back a memory of my time in country. At our 459th Signal Battalion base at Camp McDermott in Nha Trang, we had a fuel dump, an ammo dump and a "beer dump." Cases of beer that sold for 10 cents a can were stored and boxed outside on pallets, wrapped in cardboard and strapped with metal bands. Between the cardboard and the straps were sheets of tin uncut, and they formed beer cans – 48 on a printed sheet. When monsoons came, the cardboard boxes disintegrated and cans of beer fell out. Vietnamese civilians, being resourceful, took the flat sheets of cans and used them to build the outside walls of their hooches. It was common to drive down the road leading to our camp and see houses built with Pabst Blue Ribbon and other beer brands along the way.

My father was a senior printer for American Can Co. in Hillside, N.J., and was very particular about his work. I took pictures of those houses and sent them to him, telling him what happened to his rejected sheets of cans. He had a great time showing them to his fellow printers at the can plant. That was 55 years ago.

Howard E. Bartholf, Richmond, Va.

This article brought back a memory of mine from 1967. Capt. Charlie Liteky, a chaplain for the 199th Light Infantry Brigade and a Medal of Honor recipient, came to our fire base to say Mass for the troops. He stacked empty wooden 105 mm boxes four or five high to make an altar. Consider the irony of something like that being used for a sacred purpose.

Larry Bischof, Snellville, Ga.

Wow, Keith Nightingale sure brought back a lot of memories. I never thought much about boxes as things; they were just boxes. It's been 65 years, and I still remember turning the C-ration boxes over so my people got random meals. Then the trading began – cigarettes, peaches and pound cake. What great memories! Thanks.

George Butcher, Delta, Colo.

The Casualties of K2

I just finished reading the article by Ken Olsen (March). From beginning to end, it was as if I were reading a summary of the worst sites I had seen or studied as a project manager overseeing environmental cleanups for 20-plus years for the government. Yet the story was about just one site.

Each example would have been enough to shut down K2. I can only conclude that it wasn't so much a lack of information or scientific data that delayed acknowledging the health problems as much as a decision to ignore the problem so plainly visible. Sometimes our troops are just pawns in a game. They deserve so much better.

Robert Anderson, Stillwater, Minn.

Enough. Routinely and reliably there are stories in this magazine of veterans suffering medical problems they must prove are service-connected for treatment and relief. Other than professional athletes, I can think of no other line of work that requires the level of physical examination prior to acceptance than the military. We have it backwards. It should be VA that proves an illness is not service-connected. A veteran does not have the access to information or the research skills to find out about exposure during service. Workers in hazardous jobs can quit at any time, but not in the armed forces. Sometimes information is classified and not available until after death or long, costly treatment at the veteran's expense.

Politicians claim to support veterans, so show us.

V. Michael Lahey, Lawrenceville, Ga.

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Women veterans deserve better

The fastest-growing demographic among U.S. military veterans is not a minority. It's women. According to the last census, women comprise 50.8% of the U.S. population. VA estimates that by 2040, women will represent 18% of the military veteran population, up from just over 10% today.

These numbers still tell us that the U.S. military is mostly a male institution. When civilian women see headlines about female soldiers being disproportionately harassed, abducted or assaulted, it's understandable why many choose to not join the military. It is imperative for our national security that military service remain a viable and attractive opportunity for American women. Our all-volunteer force depends on it.

Women who serve, or have served in the past, are Legionnaires, neighbors, co-workers and friends. They have earned the title "veteran" just as much as any band of brothers. Receiving a cervical screening at a VA facility should be as routine as a male receiving a colonoscopy. Same for maternity care, mammograms and a host of services needed by veterans who possess XX chromosomes.

In congressional testimony last year, The American Legion cited studies that have shown women veterans are at a higher risk for major depression, post-traumatic stress disorder, urogenital issues, and hormone imbalance that may lead to infertility or miscarriage.

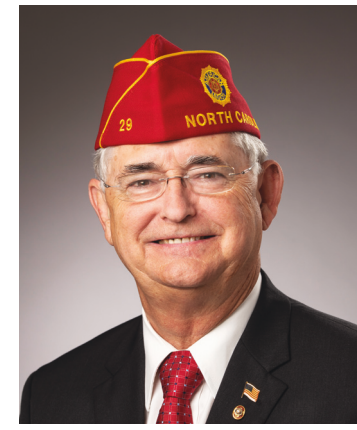
Katie Purswell is deputy director of health policy for The American Legion, and an Army veteran. The findings she presented to the health subcommittee of the House Committee on Veterans' Affairs should concern us all. One in four female veterans reported inappropriate sexual comments or behavior by male veterans on VA grounds, according to a Jacobs Institute for Women study. If you think this is a societal problem, you are minimizing the extent of what is happening in the veteran community. The same studies that revealed the 25% harassment rate among women at VA facilities found only a 5% rate at their non-VA counterparts.

Moreover, a 2018 study found that 26% of women and 14% of men who work at VA experienced sexual harassment, highest among all federal agencies. "These findings point to a larger systemic issue that is a confluence of lack of leadership and a complacent culture where incidents of harassment are unheeded," Purswell told lawmakers.

On International Women's Day this year, VA Secretary Denis McDonough delivered a promising message. "We will provide a safe, inclusive, equitable environment for all employees and the veterans we serve," he said. "We must make good on Lincoln's promise and our mission of caring for those 'who shall have borne the battle.' That mission must be grounded in inclusion and diversity."

If McDonough is serious, he will find a valuable and dedicated ally in The American Legion.

James W. "Bill" Oxford



National Commander James W. "Bill" Oxford

MEMORANDA

RALLY AROUND THE FLAG

The American Legion and the Citizens Flag Alliance are delivering illustrated social media messages to revive pride and awareness about the U.S. flag. The messages – which include historical notes, fun facts and voices fom history – can be found on The American Legion's Facebook pages and easily shared. Messages of pride in our nation's colors may also be submitted, with photos, at **legion.org/legiontown** under "Rally Around the Flag." **#rallyaroundtheflag**

PAUSE FOR THE PLEDGE

Pause for the Pledge Day 2021 takes place June 14 at 7 p.m. Eastern. Take a moment to recite and reflect.

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Posts must submit their 2020-2021 Consolidated Post Reports by July 1 to be included in the national totals for the reporting year. CPRs can be completed online at **MyLegion.org**, downloaded and mailed in, or scanned and emailed to **dsforms@legion.org**.

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FOR DISABLED VETERANS

**I was about to give up…
I wouldn't have known where to go.**

Korean War Army veteran Willie Alvin Cousin,
who received long-overdue and wrongly denied VA disability benefits after his case was reopened and won by American Legion Department Service Officer K. Robert Lewis

FOR MILITARY AND VETERAN FAMILIES IN NEED

These were important things. It helped them not get behind in their rent… It helped them put food in the refrigerator.

Coast Guard Vice Commandant Adm. Charlie Ray
after American Legion Temporary Financial Assistance helped more than 3,120 children whose active-duty families were affected by the federal government shutdown

Your gift provides hope for disabled veterans and children in need.

The American Legion Veterans & Children Foundation, formerly the American Legion Endowment Fund, delivers vital financial support for service officers worldwide who are working on VA disability claims for more than 700,000 U.S. military veterans at any one time, all the time. The fund also supplies American Legion Temporary Financial Assistance cash grants for military and veteran families with minor children at home, who have encountered hardships beyond their control and need short-term help covering the costs of shelter, food, utilities, clothing or other necessities.

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Ties to the tomb

The Tomb of the Unknown Soldier turns 100 on Nov. 11. The Society of the Honor Guard, Tomb of the Unknown Soldier is coordinating commemorative events and programs to honor the centennial of the sacred site, which has deep American Legion roots. One of The American Legion's founders, Hamilton Fish III, introduced the legislation in 1920 that authorized the return of an unknown American soldier's remains and the tomb's installation the following year.

Through the decades, those with ties to the tomb have come from all corners of the country, including:

Hamilton Fish III American Legion Archives

Sgt. Edward F. Younger of Illinois, who selected the World War I Unknown Soldier

Lt. Gen. Edward J. O'Neil of Vermont, **Col. Glenn T. Eagleston** of Utah and **Master Chief Hospital Corpsman William R. Charette** of Michigan, who respectively selected the Trans-Atlantic, Trans-Pacific and Unknown Soldier for World War II

First Sgt. Ned Lyle of South Carolina, who selected the Korean War Unknown Soldier

Sgt. Maj. Allan J. Kellogg Jr., of Connecticut and later Hawaii, who selected the Vietnam Unknown Soldier

U.S. Rep. Hamilton Fish III of New York, who wrote the legislation to bring home the World War I Unknown Soldier

U.S. Rep. Charles M. Price of Illinois, who wrote the bill to bring home the World War II Unknown Soldier and the Korean War Unknown Soldier

Staff Sgt. Frank Witchey of Missouri, who sounded taps during the World War I Unknown Soldier interment

Sgt. 1st Class George Myers of Indiana, who sounded taps during the double interment of the World War II and Korean War Unknown Soldiers on May 30, 1958

Learn more about the Tomb of the Unknown Soldier and plans for its centennial:
tombguard.org

$1.1 million

Amount in disability benefits obtained for veterans in a 10-month period thanks to assistance from **American Legion Post 88** service officers in Norman, Okla. "We are veterans helping veterans and their families, and those needs have not stopped because of the COVID-19 situation," Post 88 Service Officer Carl Ellison, accredited, explained in April. "If anything, the need is greater."

▸ $5,000

American Legion scholarship money awarded in April to each of 46 certified American Legion Department Oratorical Contest winners. The national competition was canceled for 2021 due to COVID-19.

"I say that when it comes to our nation's security, there are no Democrats or Republicans or independents, only Americans."

Former U.S. Vice President Walter Mondale, an Army veteran and American Legion member, addressing the 66th American Legion National Convention during his 1984 presidential election run. Mondale died April 20 at 93.

AP

American Legion Post 3 members delivered meals to first responders working Easter shifts in Milford, Del.

Photo by Denise Henhoeffer

▸ 324

New members signed up at **American Legion Post 3 in Milford, Del.,** since the roster stood at 52 "and falling" about two years ago. The increase, post officers say, is due largely to increased media visibility, support for law-enforcement officers, active community service and popular holiday meals.

For the record

The American Legion weighed in with a statement for the record April 21 on seven pending bills under consideration by Congress. Positions delivered to the House Subcommittee on Oversight and Investigations, House Committee on Veterans' Affairs included:

VA Employee Fairness Act The American Legion supports H.R. 1948 as currently written, which would lift prohibitions against collective bargaining by VA health-care professionals. The restrictions contribute to difficulties in recruitment and retention of qualified VA health-care professionals, the statement notes.

VA Supply Chain Resilience Act The American Legion supports draft legislation to better prepare VA with a clear strategy to handle medical supply-chain weaknesses in a crisis, often a serious problem for VA in the early months of the COVID-19 pandemic.

Use of Pandemic Relief Funds VA received three coronavirus relief infusions during the pandemic, and The American Legion supports draft legislation calling on the department to submit to Congress its plans for the funds to ensure proper oversight and prioritization.

Improving VA Accountability to Prevent Sexual Harassment and Discrimination Act The American Legion supports legislation and changes in U.S. Code that would improve and accelerate response to sexual harassment/assault cases in VA's workforce to "ensure reporting, tracking and actions."

"McClatchy's exclusive 'Stricken' investigation is the first time a media organization has processed nearly two decades of raw cancer-treatment data, obtained through FOIAs (Freedom of Information Act documents) from the Department of Veterans Affairs, to report the numbers behind what veterans are experiencing firsthand – that after two decades of war, cancers in their community are on the rise."

Tabassum Zakaria, managing editor of the McClatchy News Washington bureau, which received the American Legion's Fourth Estate Award for print journalism in a live-streamed ceremony April 14 in Washington, D.C.

FROM NATIONAL TO YOU

Share your pride in the colors

The Citizens Flag Alliance and the American Legion Americanism Commission want to know what moves you about Old Glory. Is it the sight of the U.S. flag snapping in the breeze above the county courthouse? Perhaps the hope it instills in the aftermath of a natural disaster? What about it makes you stand and salute when our flag passes by in a parade?

The American Legion's Legiontown site is calling for submissions – brief words and an image under the new heading "Rally Around the Flag." From the collection of submissions, the CFA and the Americanism Commission will develop additional media presentations – digital, video and print – to express pride in the flag.

Submit your story of how – or when, particularly – the flag has moved you.

legion.org/legiontown

Post stories and photos in social media under the category "Rally Around the Flag."

#rallyaroundtheflag

Flag-education materials available

American Legion Emblem Sales offers a variety of booklets and materials for sale to share U.S. flag pride and respect, including:

Let's Be Right on Flag Etiquette A 32-page illustrated booklet with information about proper respect of the colors, how to fold a U.S. flag, maritime display, popular myths and more. $1 (or 80 cents each if bought in lots of 100)

Indivisible: The Story of Our Flag A 112-page illustrated history of the U.S. flag, its meaning and uses – from Betsy Ross to social media expressions. $9.95 each (or $7.95 per copy if bought in lots of 25)

legion.org/publications

Reparations for Black Americans

Advocates say the nation's legacy of slavery should be addressed with reparations and a truth commission. Opponents say living Americans should not be held responsible for wrongs committed by slaveowners.

SUPPORT

Rep. Joyce Beatty, D-Ohio
Beatty is chair of the Congressional Black Caucus.

Just over 400 years ago, the first recorded African slaves were forcibly and violently brought to North America from modern-day Ghana. While much has changed in society since then, the chains of slavery are still felt in the form of health disparities, economic inequality and social injustice. As a result, the Congressional Black Caucus is calling for reparations for Black Americans.

The idea is not new. The Congressional Black Caucus has led the fight for reparations every year since 1989. H.R. 40 – also known as the Commission to Study and Develop Reparation Proposals for African-Americans Act – was spearheaded by Rep. Sheila Jackson Lee, D-Texas.

Rep. Ayanna Pressley, D-Mass., says this is a "time for reckoning," and Rep. Jamaal Bowman, D-N.Y., has, called for the establishment of a National Truth and Reconciliation Commission to investigate, document and assess the federal government's role in America's history of racism.

Some people might question the need for reparations now, when the 13th Amendment ended slavery in 1865. Our aim is not only to compensate for the decades of unpaid labor, but for the subjugation that followed under Jim Crow, segregation and the systemic injustices Black Americans still face today.

Black Americans deserve reparations, and a formal truth and reconciliation process is part of "Our Power, Our Message." As the chair of the Congressional Black Caucus, I believe it's time to level the playing field, and reparations can help lay the groundwork for a brighter tomorrow for future generations of Black Americans.

OPPOSE

Rep. Burgess Owens, R-Utah
Owens is a member of the House Education and Labor Committee.

In 2019, I spoke before the House Judiciary Committee on the dangers of reparations, from my perspective as the great-great-grandson of a slave. I recently re-emphasized this message as a committee member and the second elected Black representative from Utah.

My grandfather served in World War I and was the first in my family to get an education. My father fought for democracy abroad in World War II and built a legacy as a professor, researcher and entrepreneur. This intergenerational progress represents the common thread of self-worth that allowed each of my ancestors to see themselves as victors instead of victims. I believe they would agree that reparations are not the way to right our country's wrongs.

First, reparations are impractical and logistically impossible. Second, reparations do not represent the reality of a proud and tenacious community who – like those of my lineage – worked, studied and overcame to live their American dream. Third, reparations teach separation and convey a narrative that Black Americans were a hopeless, hapless and oppressed race entitled to handouts.

The Black community's commitment to faith, family, free market and education allowed it to overcome unspeakable odds. If we are sincere about paying reparations, let us start by celebrating this proud history.

The restoration of this proud history will require championing policies that grant every citizen – regardless of color, creed or religion – the freedom to pursue the dreams of life, liberty and the pursuit of happiness.

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The truth about probiotics

BY MARTIN SAYERS

Your gut is full of bacteria. That's good, as they help absorb nutrients from food, metabolize medicines and support your immune system. Everyone has their own unique mix. But some bacteria can be harmful and make people ill. What can we do to help our gut bacteria keep us well?

Many experts recommend probiotics, which are live microorganisms – often described in ads as "good" or "friendly" bacteria – one can take to improve gut health. Probiotics are often added to foods such as yogurt or taken as a supplement. The theory is that they help restore the natural balance of bacteria in the gut (including stomach and intestines), improving overall function.

Another opinion is that probiotics do little to no good, and that food and supplement companies are peddling a myth so people buy their products.

Bryan Curtin, a gastroenterologist with the Melissa L. Posner Institute for Digestive Health and Liver Disease at Mercy Medical Center in Baltimore, says probiotics may have a positive effect, just not in everyone.

"They have the most utility when used for a purpose, such as to treat antibiotic-associated diarrhea or post-surgical infections in patients with inflammatory bowel disease. But there isn't significant evidence that probiotics taken as a general health agent are beneficial."

Probiotics are usually classified as food rather than a medicine, so they don't go through the same rigorous testing. And there are different types of probiotics, with different effects on the body. Little is known about which are best at treating what.

Because probiotics aren't strictly regulated, it's hard to know if what you're buying contains enough to have any effect, or if the bacteria will survive long enough to even reach your gut. They first have to pass through the stomach, which is highly acidic.

Probiotics have side effects, too. A 2018 study by the Medical College of Georgia at Augusta University found that probiotic use can cause bacteria to accumulate rapidly in the small intestine, which can lead to symptoms of brain fogginess – forgetfulness, difficulty concentrating – as well as rapid belly bloating.

For this reason, Curtin believes probiotics should be classified as a medicine rather than a foodstuff.

"Nothing in medicine is completely safe, and probiotics are no different in that regard," he says. "Although for most people probiotics will likely not cause major harm, they should – especially in those with abnormal gut motility, and post-surgical patients – be used with caution."

Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition issues.

Reset your brain

Jobs that require multitasking can be draining for the brain and the rest of the body. Here are ways to lessen multitasking's physical and mental effects:

Plan your break times. Schedule time away from your work station.

Turn your attention inward sometime during the day. Allow your mind to take you to someplace enjoyable, and pair this with a 20-minute walk.

Block distractions that often trigger multitasking and divert from the main task. Turn off text notifications and social media alerts; respond to messages later.

Get in tune with your body clock. Consider whether you're an early bird, productive in the morning, or a night owl who gets stuff done after the sun's down.

Try a new hobby. Finding a new activity can help unlock new solutions to problems.

Take a digital sabbath. Intentionally setting aside time to rest from computer, tablet and phone screens reminds us there's a world beyond the digital.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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HEALTH & FITNESS BY JENNIFER CAMPBELL

YOUR GUIDE TO CHOOSING A FITNESS CENTER

Editor's note: *Before starting a new diet or strenuous physical activities, be sure to get clearance from your primary care physician.*

As the pandemic eases, many Americans are returning to gyms or joining fitness centers. With so many options, it can be confusing to determine what gym is right for you. Here is a guide to different types of gyms, what they offer, and some price points to help you make the best decision for your fitness journey.

Big box gyms These are corporate gym chains with locations in many cities. They offer a bit of everything, from cardio equipment to weights to personal training to group classes. They range from budget gyms to luxury gyms and spas. Prices vary by location and type of membership and may have some initiation fees to get started.

Some of the most well known gym chains are Planet Fitness (starting at $10 per month), Gold's Gym (ranging from $20 to $100), LA Fitness ($30), 24 Hour Fitness (ranging from $33 to $47), YMCA (starting at $30, varying by location and type of membership), Curves ($35 to $55), Anytime Fitness (starting at $40), Crunch Fitness ($70 to $120) and Equinox ($200 to $300).

Boutique gyms These gyms vary by location and usually aren't big chains. They offer many of the same services and equipment as big box gyms, but are generally smaller with a sense of community. Prices vary based on location and services and can be more expensive than their corporate rivals, but they may be a good fit for someone looking for a more unique experience or who'd rather not be part of a large establishment.

Personal training facilities If you're looking solely to train with a professional trainer, these are great options to keep the price low. Typically the facility charges the trainer, and the client has a separate payment arrangement. These types of studios usually have seasoned trainers who've branched out on their own, creating more flexibility. Some spaces offer client memberships as well; others require a trainer to be there with you.

CrossFit gyms Also known as "boxes," these gyms use high-intensity interval training (HIIT) to incorporate movements from various disciplines into the regimen. Examples include rowing, air bike, burpees, jump rope, Olympic and power lifts, deadlifts, squats, and cleans, jerks and snatches. To be considered a CrossFit gym, it needs to have at least one trainer who's certified to be Level 1 (CF-L1). Boxes are community-based and create a lot of friendly competition, but beware of injury if you push yourself beyond your skill level or have an inexperienced coach. This option is for more advanced users.

Women's gyms Gyms such as Curves are women-only spaces where ladies can work up a sweat without judgment or unwanted attention. They offer the same equipment you'd find at big box gyms, including weights, cardio machines and group fitness classes, plus an empowering, supportive environment.

Group fitness studios These studios offer large classes led by a certified instructor who will coach you through the workout. Often with limited equipment, studios will specialize in one type of class, while others host a variety. The most popular classes include spinning, yoga, Pilates, barre, boot camps and HIIT classes. Group fitness can be extremely fun and motivating.

Home gyms Some people prefer the convenience of working out at home. Weights, bands, medicine balls and other fitness accessories are easy to purchase online or at local sporting-goods stores. There are also good deals on used equipment. Find guidance on workouts from personal trainers who make house calls, using fitness apps or following YouTube videos.

Whatever type of fitness center or home gym you choose, these workouts all count toward activities for The American Legion's 100 Miles For Hope challenge. There is still time to register, complete the goal of 100 activities and support the Veterans & Children Foundation. Learn more and register at **legion.org/100miles**.

Army veteran Jennifer Campbell is a certified personal trainer and holds a master's degree in nutrition education. She works with veterans and civilians, from elite athletes to those just starting their fitness journey. She is commander of American Legion Post 43 in Hollywood, Calif.

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Thank You, Goodbye

Defying 200 years of laws and practice, the United States is deporting a record number of veterans after breaking promises to make them citizens if they served.

BY KEN OLSEN

Mauricio Hernandez Mata was kicked out of the United States after serving a 15-month combat tour in Afghanistan, nearly dying at the hands of knife-wielding muggers at home, and being forced to leave the Army because injuries from that assault prevented him from deploying to Iraq.

Army combat veteran Mauricio Hernandez Mata is one of thousands of foreign-born veterans deported from the United States because they did not receive the citizenship they say they were promised when they joined the military. Getty

He was deported by an arm of the same federal agency that derailed his path to citizenship with a bureaucratic blunder 15 years earlier, virtually guaranteeing he'd be forced to leave the country where he'd lived since he was a young child if – like so many veterans with untreated post-traumatic stress disorder and other war injuries – he ran afoul of the law.

Mata is one of thousands of foreign-born veterans the United States has exiled over the past 25 years after failing to grant them the citizenship they were promised when they signed up to serve. Banished to countries that now seem foreign, they are separated from their families, unable to draw Social Security or access VA health care, and face extraordinary hurdles getting VA disability benefits for their service-connected injuries.

And since 2017, the departments of Defense and Homeland Security have made it far more difficult for active-duty servicemembers and veterans to become citizens, even though many were recruited for their foreign language or medical skills. Today, current and former U.S. servicemembers are denied citizenship at far higher rates than civilians – and at significant cost.

"We're a nation of immigrants, and we've won wars because of it," says Margaret Stock, a leading immigration attorney and retired Army officer who oversaw a Pentagon program for foreign-born recruits. "If we're not recruiting immigrants, we end up recruiting people who aren't as qualified. … And we are sending a message to the immigrant community that we're going to deport you after you serve."

The American Legion, which has fought for servicemembers and veterans to receive U.S. citizenship through military service for more than 100 years, has called on the Biden administration to stop deporting veterans and military families, restore expedited citizenship for those who serve and repatriate former servicemembers who don't have felony records. "These policies would protect our servicemembers and veterans permanently with recognition for their honorable service to the United States," American Legion National Commander James W. "Bill" Oxford says.

Legal and immigration advocates, meanwhile, are working to secure pardons and a path to citizenship for deported veterans whose criminal records are often a consequence of PTSD or other issues that are tied to the individual's military

More than 500 people from 80 different countries, including several U.S. military personnel, become U.S. citizens during the Independence Day Naturalization Ceremony at Seattle Center on July 4, 2019. Getty

service. “We made a promise, inscribed not just in our history but also in our laws: if you enlist and serve honorably, we will make you a citizen,” says Jennie Pasquarella, director of immigration rights for the ACLU of Southern California. “This is no way to honor the people who put their lives on the line for this country.”

Revolutionary history The American military has relied on immigrants since 1775. At one point, non-citizens comprised a third of the Continental Army, says Stock, who is a member of American Legion Jack Henry Post 1 in Anchorage, Alaska. “In the Declaration of Independence, the complaint against King George – because he was preventing immigrants from coming to America and getting citizenship – ranked higher than the complaint about taxes,” she says.

Congress passed the first of several laws authorizing expedited citizenship for immigrants who served in the military during the War of 1812, Pasquarella says. Approximately 500,000 foreign-born fighters joined the U.S. Army in World War I, and 300,000 served in World War II.

German Jews who came to the United States after Hitler seized power in the 1930s became part of a U.S. Army unit that interrogated Nazi prisoners, according to author Bruce Henderson’s “Sons and Soldiers.” They were responsible for 60% of the credible intelligence gathered in Europe during the war. “Today, the Department of Defense would say they are a national security threat and wouldn’t let them enlist,” Stock says.

Since 1952, federal law has allowed lawful permanent residents to become citizens after a year of honorable peacetime military service. It also provides for naturalization immediately upon enlistment during wartime. Many eligible servicemembers missed this benefit because of a mistaken belief that they automatically became citizens when they joined the military, not realizing they still needed to file applications for naturalization, Pasquarella says. Others applied only to have the government lose their paperwork, or they missed notices that they needed to complete various aspects of the process when they were deployed or training at a new location.

DoD and U.S. Citizenship and Immigration Services (USCIS) began to address some of the problems during the George W. Bush administration. Working together, the agencies developed the Naturalization at Basic Training initiative, which posted USCIS personnel at key military bases to ensure immigrants could complete the citizenship process in boot camp. The program started with the Army in 2009 and expanded to the entire military in 2013, one reason more than 100,000 immigrant servicemembers have attained citizenship since 2001.

DoD also established the Military Accessions Vital to the National Interest (MAVNI) program in 2008 that enabled recruitment of foreign students and undocumented immigrants with crucial foreign language or health-care skills. The program was quite successful, says Stock, who was the MAVNI project officer until she retired from the Army Reserve in 2010.

Deporting veterans Changes in federal law have also made it easier for immigrants to get deported, and more difficult for them to naturalize. Two measures passed by Congress in 1996 stand out because they prohibit immigration judges from considering military service as a mitigating factor in deportation cases and also significantly expanded the list of offenses that result in

Commander calls for strengthening military naturalization programs

On Feb. 25, American Legion National Commander James W. “Bill” Oxford called upon President Biden to issue an executive order to reinstitute the USCIS Services for Naturalization at Basic Training Initiative and reopen all USCIS field offices abroad for servicemembers and deported veterans.

“It is imperative that we strengthen military naturalization programs, prevent veteran deportation and repatriate deported veterans,” Oxford said. “These policies would protect our servicemembers and veterans permanently with recognition for their honorable service to the United States.”

He reiterated the point during testimony before members of Congress on March 4.

U.S. Army photo by Sgt. Lynne Steely

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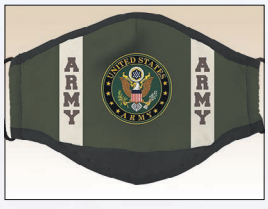

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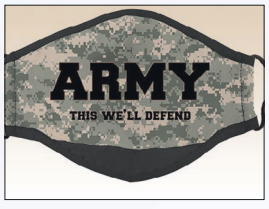

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mandatory removal from the United States, Pasquarella says. As a result, possession of even a small amount of drugs with intent to sell, misdemeanor theft, writing bad checks, filing a false tax return or failing to appear in court are considered aggravated felonies in immigration court, requiring deportation and barring defendants from ever receiving U.S. citizenship.

Then, in 2017, civilian staff at the Pentagon dismantled much of the military naturalization system under the guise of protecting national security, Stock says. That included a background-check system that allowed DoD to kick hundreds of immigrants out of the military simply because they had foreign parents, she says. In addition, DoD made it far more difficult for immigrants to obtain the certificate of honorable service they needed to qualify for citizenship. A federal court ruled last fall that the latter practice is illegal, in response to a class-action suit filed by the ACLU. But the Trump administration appealed, and the Biden administration had not withdrawn that appeal, as of April 2021.

Meanwhile, "there are 10,000 MAVNIs in the military whom DoD and DHS have deemed to be suspect – all driven by, from what I can tell, is

Deported Veterans Support House a lifeline for displaced former U.S. servicemembers

Few have done more to help exiled former U.S. servicemembers than Hector Brajas, founder and director of the Deported Veterans Support House in Tijuana, Mexico. He provides them with shelter, moral support, a connection to legal services and assistance obtaining VA benefits after they're banished from the United States. "His tireless work has led to deported veterans having a collective voice whose cries are finally being heard, and it motivated the ACLU of California to make his cause our cause, too," according to ACLU's "Discharged then Discarded" report.

Brajas knows the plight of displaced veterans firsthand. He came to the United States with his family when he was 7 and enlisted in the Army after high school. His parents remember the recruiter telling them he would become a citizen after he joined, he says.

He served with the 82nd Airborne from 1995 until his honorable discharge in 2001 after a DUI and, still struggling with substance abuse, was involved in a shooting in Compton, Calif., three months later. No one was injured. Still, Brajas served a little over two years in prison and, to his surprise, was turned over to U.S. Customs and Immigration upon his release.

"I thought, 'This can't happen to me. I'll be able to get ahold of somebody and tell them I'm a veteran,'" he says.

Brajas was instead taken to a detention center south of Phoenix. He represented himself at his immigration hearing, and lost. "The judge said, 'Thank you for your service. You can appeal the decision,'" Brajas says.

He was deported in 2004. Missing his family, he sneaked back into the United States six months later, joined the roofers union in California and worked his way up to journeyman. After failing to pay a traffic ticket, he was caught and deported a second time in 2010. He started the Deported Veterans Support House in 2012, which has a second location in Juarez and is working to assist deported veterans in 50 other countries, he says.

As director of the Deported Veterans Support House, Hector Brajas provides assistance to former U.S. servicemembers in more than 50 countries. Getty

Brajas finances the operation with donations and his VA disability payments. The majority of those he helps served during the Vietnam era and the Gulf War, although an increasing number of Iraq and Afghanistan veterans are now contacting him for help.

Brajas is also working to form a coalition to repeal the federal laws and policies that are driving the deportation of former U.S. servicemembers. He says he is grateful that his journey has allowed him to come home. He was pardoned by then-California Gov. Jerry Brown in 2017 and became a citizen in 2018. "It feels great," Brajas says. "The whole process of being deported makes me appreciate being an American, being a citizen, even more."

– Ken Olsen

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Army veteran and immigration attorney Margaret Stock says immigrants have been crucial to the nation's ability to win wars since the American Revolution.

Photo courtesy John D. and Catherine T. MacArthur Foundation

xenophobia," Stock says. One of those recruits, Xilong Zhu, faces deportation for unknowingly enrolling in a fake university DHS established to entrap foreign students. This occurred even though the agency certified Zhu was eligible to enlist in the Army and work for Apple by virtue of his enrollment at the "University of Northern New Jersey." He's afraid of what will happen if he's forced to return to China, where his enlistment in the U.S. military will be greeted with hostility, he says. Zhu's U.S. citizen application has been denied twice, and he faces ongoing deportation proceedings in immigration court. DHS declined to comment on Zhu's case and referred questions to U.S. Immigration and Customs Enforcement (ICE), which has not responded to questions.

USCIS says it shuttered the Naturalization at Basic Training program in January 2018 because changes in DoD policy significantly reduced the number of immigrants eligible to naturalize at boot camp. The agency also closed most overseas locations where active-duty personnel could complete their USCIS interviews and take the citizenship oaths.

Meanwhile, DoD says it ended the MAVNI program because of counterintelligence concerns. And changes in federal law, enacted by Congress, make it impossible to resurrect the program, DoD says. "Blaming Congress for this is disingenuous, however," Stock says. "DoD officials asked Congress to change the statute."

The Biden administration says it's looking into the issues. "USCIS is committed to maximizing access to naturalization for all eligible servicemembers and veterans," says USCIS spokesperson Marilu Cabrera.

Devastating consequences The toll on veterans and families is severe. Claudia Ramirez's father, Javier, was arrested on suspicion of selling marijuana in the mid-1990s. Police didn't find drugs but still jailed Javier, a Vietnam-era Marine Corps veteran, she says. After a year behind bars, her father – a lawful permanent resident who ran a flooring installation company, auto body shop and other businesses – opted to go back to Mexico rather than be transferred to an immigration detention center, where he could have been held indefinitely while fighting deportation.

Her father sneaked back into the country, was caught and deported again. Unable to collect Social Security, he survived for nearly 20 years by selling shoes and other goods on the streets of San Luis Potosí and relying on financial help from his children. Three years ago, Army veteran Hector Brajas, founder of the Deported Veterans Support House, helped Javier get a small VA pension not long after he was diagnosed with multiple myeloma. The money helped pay for his cancer treatments. "It kept him alive another two years and two months," Claudia Ramirez says.

Javier died in January in Mexico with Claudia at his side. She brought him home to Chicago in a casket, and he was buried in Abraham Lincoln National Cemetery in Elwood, Ill. "My dad was not some criminal who was going around killing people," she says. "If he had still been here, I think he would have lived longer."

Laura Meza had been gone from Costa Rica so long that locals identified her as a foreigner after ICE shipped her back to the country she'd left at 5. "I spoke Spanish with an English accent," she says.

She joined the Army at 21, deployed to Germany – where she was sexually assaulted – and then to Iraq. A dental technician, she was dispatched to help with the wounded after the 2003 bombing in Al Nasiriyah. She started having nightmares and became so depressed she was sent to Walter Reed Army Medical Center for psychiatric care, she says. Meza was medically discharged for war-related PTSD and major depression disorder in 2004. Things got worse from there. Alcohol and drug abuse. Another sexual assault. Convictions for marijuana possession and attempted robbery. Deportation.

She wrote to VA for help after arriving in Costa Rica in 2009, eventually becoming 100-percent

409

American Legion posts that reported citizenship/ naturalization support activities in the 2020 membership year

Photo by Josh Marshall

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1919

The American Legion's first position on U.S. citizenship through honorable military service is stated in a resolution passed at its first national convention, in November 1919, which recommends "that American Indians who honorably served in the Army, Navy or Marine Corps of the United States during the World War be given the full rights of citizenship, provided they did not evade or attempt to evade full and complete performance of such service because of conscientious objections or otherwise." Honorable wartime service was later noted as a consideration when U.S. citizenship was extended to all Native Americans in 1924.

Library of Congress

1942

The 24th American Legion National Convention passes a resolution urging the federal government to continue providing naturalization classes and "make them open to all aliens who are seeking citizenship instruction."

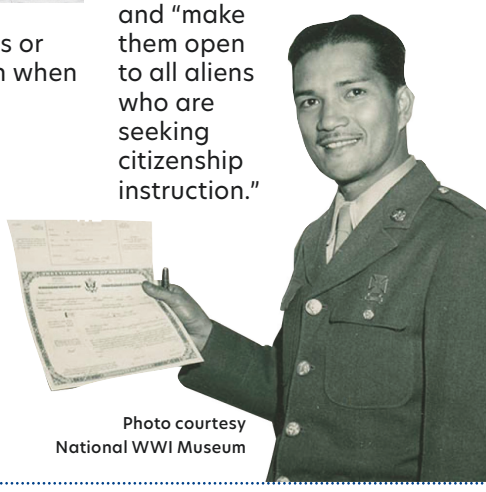
Photo courtesy National WWI Museum

2008

The American Legion's National Executive Committee passes a resolution in support of efforts of the Task Force on New Americans, under the Office of U.S. Citizenship and Immigration Services, calling on posts to "provide instructional space and citizenship classes to legal immigrants seeking U.S. citizenship."

Getty

service-connected for PTSD, depression, anxiety, sexual assault and other issues. She's managed to buy a small farm, where she is raising her son. But she's heartbroken to be separated from her family, including her daughter and 5-month-old granddaughter in Maryland. "I love America," Meza says. "I'd do practically anything that doesn't hurt anybody to go back."

Roman Sabal has no criminal record but was still locked out of the United States because he didn't understand the naturalization process. He came to California from Belize in 1987, and served six years in the Marines and four years with the California Army National Guard. The military never provided naturalization assistance, so Sabal filed a citizenship application on his own in 1994 – and never received a response. He moved to Florida after leaving the military, worked for a hospital in Jacksonville and started a family.

Sabal moved back to Belize in 2008 after being diagnosed with diabetes. Eight years later, he received a letter from USCIS inviting him to Los Angeles for a citizenship interview. But the U.S. Embassy in Belize refused to give him a visa because an immigration judge had ordered him deported after he missed two hearings in the United States he wasn't aware were taking place.

With the help of Public Counsel, a nonprofit law firm in California that works with deported veterans, and a federal lawsuit, Sabal eventually secured a USCIS interview at the port of entry in El Paso in October. He passed the naturalization test, and a fellow former Marine administered the citizenship oath. He's now living in a homeless shelter on the West Los Angeles VA Medical Center campus, where he turned 60 in February. And while he's happy to be back in the United States, his exile came with an excruciating price. "Everything I own is gone," he says. "I've probably lost my children to their mother."

Miguel Perez Jr. didn't get treatment for his PTSD after two deployments in Afghanistan and received a general discharge after testing positive for cocaine use. Later he went to prison for helping a childhood friend make a cocaine delivery. He was deported in 2018 with just his papers and a 12-day supply of the psychiatric medications prescribed by prison physicians. Unable to access VA care, he relied on infrequent visits from family for those medications.

With the help of U.S. Sen. Tammy Duckworth, D-Ill., his family and his church, Perez was granted clemency by Illinois Gov. J.B. Pritzker in September 2019 and granted citizenship just before his temporary permit to enter the United States expired. In late March, he started an eight-week inpatient PTSD treatment program at the Lovell Federal Health Care Center in Chicago. "Now I'm able to get the help I need," Perez says.

Duckworth, a leader in the fight to stop veteran deportations, called Perez's exile "a tragic example of what can happen when national immigration

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▼ *Both sides of the receiver feature emblems that honor Vietnam War veterans. The banner reads:* ***"A Grateful Nation Remembers,"*** *and inside the oval is a lone American soldier, the distinctive silhouette of Vietnam and a pair of U.S. military helicopters. The emblem on the right side is framed with a banner reading:* ***"Vietnam Veterans Tribute Thompson".***

▼ *Left side of the receiver features a soldier with his M60 machine gun--nicknamed "The Pig" for its hefty size. The M60 unleashed a fury of firepower on the enemy. Also featured is a M48-A3 Patton tank providing cover as troops enter a village. The M48 was a workhorse during the Vietnam War.*

▲ *Right side also features a soldier scanning the distance for enemy movement. A pair of M48 tanks make their way on the ground while the sky is abuzz with helicopters, which played such an important role during the Vietnam War. On the far end of the receiver, you'll find a Marine and his M16. Along with the Huey, the legendary M16 has become a symbol of combat service in Vietnam. Introduced to the battlefield in 1964, the M16 was a lightweight assault rifle that proved invaluable in jungle firefights. Right side features an image of the iconic Republic of Vietnam Campaign Medal presented by Republic of Vietnam to members of the United States military who completed at least six months of duty in the war, with a frame reading:* ***"Vietnam War - All Gave Some, Some Gave All."*** *Below it you'll find a banner that reads:* ***"Lest We Forget."***

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2010

The National Executive Committee reiterates and expands its call for local posts to assist with naturalization programs and expresses support for the "ideals and goals of Citizenship Day" as well as the USCIS "Citizen Outreach" initiative (formerly known as the Task Force on New Americans). The American Legion develops a guide, in collaboration with USCIS, to help establish such programs locally.

2018

The National Executive Committee passes two resolutions during the year addressing citizenship through service in the U.S. Armed Forces. The first, passed at the NEC's Spring Meetings, calls on Congress to "permit the granting of citizenship to deported veterans if their discharge is honorable and they do not have a felony conviction." The second resolution, passed at the Fall Meetings, asks Congress to "implement measures within the Department of Defense to ensure the process of naturalization through honorable military service is completed prior to discharge."

U.S. Air Force photo

policies are based more in hate than on logic and ICE doesn't feel accountable to anyone."

Widespread misconceptions also play a role. "People think all immigrants came here illegally and so they got what they deserved," Perez says. "It's not an immigration issue. It's a veterans issue."

Simple fix Ending the almost automatic exile of veterans such as Ramirez, Meza, Perez and Mata is straightforward, immigration and legal experts say. Stop deporting veterans, rescind the increasingly punitive and xenophobic laws and policies created over the past 30 years, ensure immigrant servicemembers can become citizens, and bring deported veterans home.

"Many of the crimes my clients have been convicted of stem from traumas and experiences they endured during their military service," says Helen Boyer, staff attorney with Public Counsel. "Instead of receiving the social services and medical care they need, they are funneled into the criminal and deportation systems, leading to a lifetime of banishment from their family, friends and the country they served in uniform."

After twice missing out on citizenship, barely surviving a mugging and being permanently barred from the United States, Mata isn't optimistic. He moved to San Diego from southern Mexico when he was 6. His mother became a U.S. citizen when he was 15, making him eligible, too. It never happened because Immigration and Naturalization sat on his green card application until after he turned 18, Pasquarella says.

Mata enlisted in the Army in 2000 and then re-enlisted while deployed to Afghanistan. But in 2005, he was attacked by two would-be robbers in San Diego after flying home on emergency leave to help his family. "I flatlined in Mercy Hospital and was in a coma for a week," Mata says.

Once he returned to active duty, he was told he wasn't well enough to be part of his unit's deployment to Iraq. He left the Army in 2006, with plans to re-enlist after he had fully recovered. Struggling with PTSD, anxiety and depression, Mata instead ended up in jail for possession of a half-gram of methamphetamine. Three years after he left the Army, Mata was again convicted of possession of meth with intent to distribute, as well as firearm possession. He served an 18-month sentence and was deported to Mexico in 2010. Unable to cope, he returned to California, was caught, convicted of illegal re-entry, sentenced to 37 months in prison, and was again deported in 2012. "This time I stayed," he says.

He happened upon the Deported Veterans Support House in Tijuana in 2014 and met Brajas, who persuaded Mata to join an effort to get VA benefits for former servicemembers who had been banished from the United States. Because of that, Mata has been 100 percent service-connected for PTSD since 2015. He lives in Tijuana with his wife and youngest daughter and travels to Guadalajara once or twice a year to see the physicians who prescribe his medications for PTSD and sleeplessness, because he does not have access to VA doctors.

Attorneys with the ACLU of Southern California are working to help Mata obtain citizenship so he can go home to California where his mother, siblings and three oldest children live. He doesn't regret joining the Army, but he's skeptical his combat service will make a difference in his efforts to achieve citizenship.

"People don't care if you've been on one mission or a hundred-plus," Mata says. "If you've made mistakes, as I have, you tend to go from hero to less than zero in no time."

Ken Olsen is a frequent contributor to The American Legion Magazine.

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IRONMAN OF RACING

INDYCAR driver Tony Kanaan talks family, fitness and the American Legion 48 car.

BY HENRY HOWARD

Tony Kanaan's Indianapolis 500 win in 2013 was more than a dream come true. It fulfilled a promise he'd made to his father, Tony Sr., who died of cancer when Kanaan was 13.

This season, he's driving the American Legion-sponsored 48 car on oval courses in the NTT INDYCAR Series, splitting time with NASCAR legend Jimmie Johnson, who's racing street and road circuits. And in October, Kanaan will return to and compete in the Ironman in Kona, Hawaii – the Indy 500 of triathlons.

The American Legion Magazine recently interviewed Kanaan not far from the Indianapolis Motor Speedway.

How does a kid from Brazil racing go-karts advance to the Indy stage?

My dad loved racing and he got me into it. We both dreamed for me to become an INDYCAR driver. I put it in my head that I was going to do it for him.

What does it mean to you to drive for the American Legion-sponsored 48 car?

We're talking about people who risked their lives protecting us, our family, our flag. I came to America pursuing the American dream. (Kanaan is a U.S. citizen.) I'm extremely proud. It's a big responsibility. I'm going to work really hard to make them proud the same way they made us proud.

You're a triathlete, too. How does the training for that sport help you as a driver?

Apart from the strengthening, the cardio, going through those struggles, especially in a sport I don't dominate, makes my mind stronger. When I'm having a hard time in a two-hour INDYCAR race, it's actually not as bad as when I'm running my 26 miles. That trains my mind to overcome the heat, the stress and everything else.

You're participating in The American Legion's 100 Miles For Hope challenge. Why is it important for veterans to get up and be active?

The challenge is awesome. Fitness should be in everybody's life. We're talking 30 minutes of your day. There are so many benefits from not just the exercise, but being outside, the environment, vitamin D.

Compare winning Indy with finishing Kona.

When you race a car, you're depending on equipment, a team and many other things that need to go right. When you're talking about an Ironman, you have no excuses. If you do bad, it's on you. The feeling when I crossed the finish line was very different than when I won the 500. I'm not saying it was more or less satisfying, but it was different because that was an achievement I did on my own.

Henry Howard is deputy director of the American Legion Media & Communications Division.

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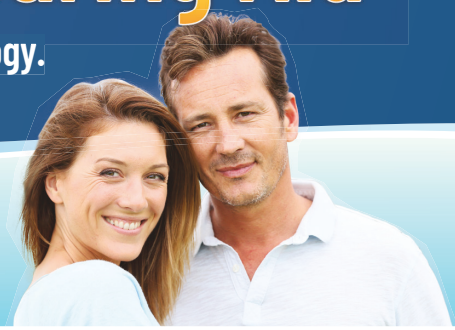

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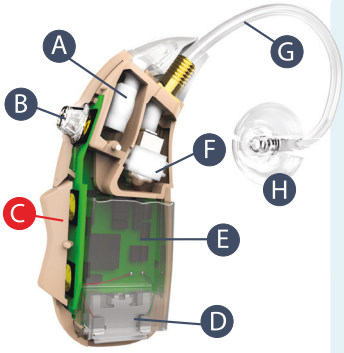

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American Legion National Commander James W. "Bill" Oxford, following a private tour of the National World War I Memorial

Photo by Eric Kruszewski

First colors

The National World War I Memorial in Washington, D.C., opens to the public.

The new National World War I Memorial in Washington, D.C., opened April 17, following a live broadcast ceremony and flag-raising. Located on Pennsylvania Avenue, a block southeast of the White House, the site honors the 4.7 million Americans who served.

"These are the people who started our American Legion," National Commander James W. "Bill" Oxford said. "These are our guys and gals. Our organization has long supported construction of this memorial, and Legionnaires should be proud of what our contributions have helped build."

The flag raised at the memorial flew over the U.S. Capitol on April 6, 2017, the 100th anniversary of the day the United States entered World War I. It went on to fly over nine American World War I cemeteries overseas, then over the Liberty Memorial in Kansas City, Mo., before returning home.

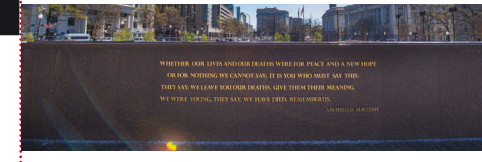
In 2014, Congress approved redevelopment of Pershing Park as a national World War I memorial. Following a design contest, the U.S. World War One Centennial Commission selected a concept that preserves the urban park setting while adding commemorative elements.

Edwin Fountain, the commission's former vice chairman, said it's impossible to understand our nation and our world today without understanding World War I.

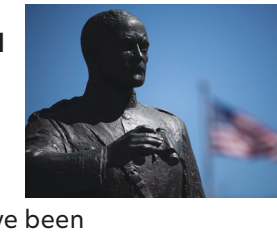
"Just as the names Bunker Hill and Yorktown, Shiloh and Gettysburg, Normandy and Iwo Jima ring out in our national memory, so too should Château-Thierry and Saint-Mihiel and the Meuse-Argonne. Modern America's very identity was forged during this war."

Watch "First Colors" online: ***worldwar1centennial.org***

The Belvedere offers a broad view of the entire National World War I Memorial, as well as interpretive panels that describe U.S. accomplishments and the contributions of Americans of all backgrounds. At its center is a medallion with the figure of winged Victory portrayed on medals awarded to members of the American Expeditionary Forces.



A wall of cascading water behind the sculpture, **the Peace Fountain** is inscribed with a quote from Archibald MacLeish's poem "The Young Dead Soldiers," which ends with the plea, "Remember us."



The original AEF Memorial and bronze statue of Gen. John J. Pershing, dedicated in the 1980s, have been incorporated. Field glasses in hand, the general gazes at the "Soldier's Journey" sculpture in the distance. Two 10-foot granite walls with battle maps were refurbished.

The **WWI Memorial Virtual Explorer** app allows users to "place" and explore a 3-D model of the memorial anywhere. On site, the **WWI Memorial Visitor Guide** app pops up information and pieces of augmented reality as needed.

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‘A magnificent example of public art’

BY JOHN D. “JACK” MONAHAN

“A Soldier’s Journey,” the 58-foot-long, 10-foot-high tableau by master sculptor Sabin Howard, will be the largest freestanding bronze relief in the Western Hemisphere.
Photo by Paul Weig/U.S. World War One Centennial Commission

As the nation approached the centennial of World War I, the fact that no memorial to those who served and sacrificed in that conflict existed in our nation’s capital became a cause for action among concerned citizens, veterans and legislative leaders. Thus was born the World War One Centennial Commission, by act of Congress, in 2013. The charter of the commission, on which I have been honored to serve as The American Legion’s appointed commissioner since 2016, was to reimagine the existing Pershing Park as a national memorial to all who served in the Great War. In this, the commission, architect Joe Weishaar and sculptor Sabin Howard have succeeded admirably.

As a soldier, I have come to especially appreciate the synergy between the Pershing quadrant and the “Soldier’s Journey” quadrant in distilling to its essence and portraying soldiering as it has been practiced since before the time of Thucydides.

Pershing stands erect and aloof, the consummate professional soldier and embodiment of determination. He was born to the life of the sword, educated at West Point, trained as a horse cavalryman on the American plains, experienced and hardened in the Philippine Insurrection and Mexican Expedition. His universe is that of corps, divisions, brigades – soldiers numbering in the tens of thousands. He gazes across the field of battle toward his troops, field glasses in hand. He bears the enormous weight of command. It is a burden that must be borne in solitude. If this causes him emotion he dares not show it. He is the soldier of Sparta.

The soldier of “A Soldier’s Journey” displays his emotions at each phase of his personal odyssey. He is the archetypical American citizen-soldier, the lineal descendant of the Minutemen, aware of his civic duty and embracing it, though not without trepidation. He leaves his family with sadness but firm resolve. The soldier acts bravely and honorably, but feels the weight of his service intensely. He is visibly moved by the appalling violence, but will not, cannot, shrink from duty. His universe is the infantry platoon, the rifle squad, his trenchmates. He is relieved and proud when the victory is won, but his fondest wish is to put away the khaki and return to home and family. He is the soldier of Athens.

Art, at its most inspiring, connects us to the greater universe and to the divine, and illustrates in a meaningful way some aspect of the human experience. With “A Soldier’s Journey” Sabin Howard has realized powerfully and beautifully the odyssey of the citizen-soldier. The sculpture interprets the experience of the soldier, his family and his comrades *circa* 1918, but transcends that moment, illuminating a greater truth of the human drama. It is evocative and timeless.

The Howard sculpture, which will be installed at the memorial in 2024, forms the ideal counterpoise to the Robert White sculpture of Pershing. Taken together, and integrated with the other artistic and educational components of the memorial, they form a coherent whole greater than the sum of the individual elements, and capture the uniquely American way of war. It will be a magnificent example of public art.

I believe the National World War I Memorial is a fitting tribute to the warriors of that world-altering conflict. The founders of The American Legion who served in France – Teddy Roosevelt Jr., George White, Bill Donovan, Franklin D’Olier, Henry Lindsley, Hamilton Fish, Thomas Miller, Eric Fisher Wood, John O’Ryan, Henry Stimson, Bennett Clark and the others who conceived of the Legion as a means of continuing their service and strengthening America, and who bequeathed it to our care – will, I hope, be well pleased.

John D. “Jack” Monahan is a member of LaPlace-Champlin American Legion Post 18 in Essex, Conn.

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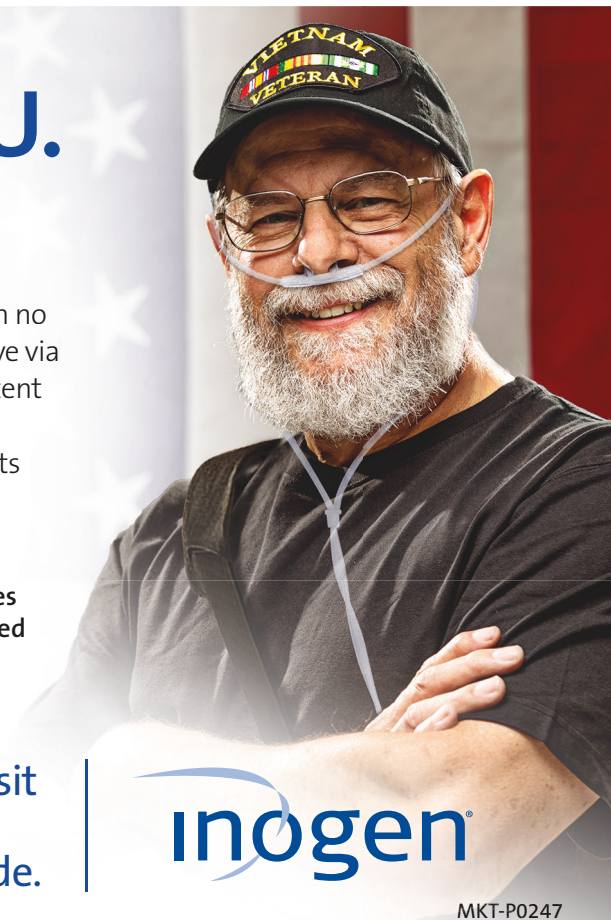

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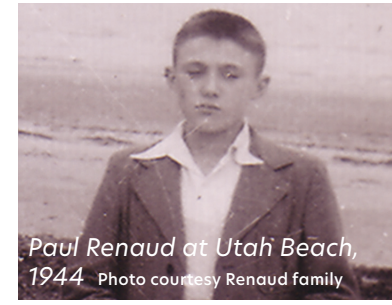
A French teenager's account of the D-Day invasion

Paul Renaud was a 14-year-old French boy on D-Day – June 6, 1944 – when U.S. paratroopers jumped into Normandy in the first stage of an Allied invasion that would topple Nazi Germany 11 months later. He spoke fluent English and helped his father communicate with American soldiers in the days after the liberation of Sainte-Mère-Église, regarded as Kilometer 0 in the march to victory in the European theater of World War II. Following are Renaud's diary entries, as provided by his younger brother, Maurice, who now serves as president of Amis des Vétérans Américains (Friends of American Veterans), which conducts ceremonies on the anniversary of the liberation each year in Normandy.



Paul Renaud at Utah Beach, 1944 Photo courtesy Renaud family

June 1

Around midnight, lots of U.S. planes at low altitude over SME. German flak in action. No result. Toward the sea, in eastern direction, like fireworks, red and green lights. Machine guns in action for about 2 hours. Suddenly, planes drop about 20 white parachutes over the town. The German machine gun in the steeple (we are 100 meters from the church steeple) shoot with tracing bullets. Parachutes are fake and only carrying some types of lanterns.

June 5-6

U.S. fighter planes fly over SME at low altitude. Daddy sends Henri Legouard to set district chiefs in alert.

23h30: Lots of planes coming back just above the square trees. What does it mean? We are watching the square from the windows on the 3rd floor. The machine gun in the steeple starts shooting tracing bullets ... 10 minutes later, we hear, "Fire! Fire!" The alarm bell rings in the night. Jumia Pommier's house is on fire. Daddy goes with the firemen. We go down to the ground floor and take refuge.

Paratroopers!!! About 10 dropped near the fire ... 6 got shot at point blank ... 2 shot in trees ... 2 fell in the fire and exploded. Everybody leaves the burning house.

Daddy is back. We all pray.

Daddy goes on the road going to Ravenoville. At the pond bordering our garden he pulls out a paratrooper from water. He was drowning. Daddy tells him, "Don't worry. I am a friend." I guess the paratrooper was scared he was a German.

At 1 a.m., noise of horse drawn carriages ... the Germans are leaving town. Everything gets quiet. On the square, we see burning tips of cigarettes moving under the trees. One torch light shows the body of a dead paratrooper. We realize they are not Germans. But WHO are they?

At dawn, men with weird helmets, weird shapes, slowly walking, short guns ... 3 are kneeling in front of the big tree. Daddy goes out. One soldier tells him he is OK.

At the crossroad, 12 German prisoners walk by, hands up. We are stunned. They are searched. Paratroopers ask for the mayor. Daddy meets Capt. Schouvaloff. In the trees, parachutes of all colors: green, white, yellow, red and blue.

People in the town are getting joy crazy. The town is liberated ... 3 battalions landed ... a German cannon is brought into town ... I go to see the dead paratroopers and the dead Germans on the square.

Around 2 p.m., the Germans counter-attack from Fauville and Neuville.

We leave our home to take refuge in a trench 300 meters from the square. A soldier tells us the tanks will arrive soon from the sea ... 4 hours later, no tanks. The Lecoeur, Endelin and Boucher families join us. Shells from Azzeville battery fall all around us.

Night of June 6 into June 7

Azeville battery keeps shelling the town. We are anxious the tanks don't show up. Germans are coming back 300 meters to the east of us. Our trench is in the middle, between the paratroopers and the Germans ... 3 paratroopers are getting near us. On the other side we see Germans carrying hand grenades. From the shelling, branches and leaves fall on our heads. Suddenly one shell explodes on top of us.

One scream: " I am hit! I will die!" This is Mrs. Lecoeur.

Her husband François: "Wake up, Mimi, my darling!" She died instantly from shrapnel in her back.

The children are panicking with the bullets and shells flying over our trench. We all pray.

We learn the list of victims: J. Lemenicier, R.Jamard, Christiane Doré, Mr. Potigny, and 7 in the Viel family have been killed. We try, but don't succeed, to sleep.

With the Germans getting closer, Daddy decides to move out of the trench. We start running, fall in the barbed wire. Mammy loses one shoe in the mud. We reach the cellar of Pommier's house.

In the yard, a donkey is dead ... received several bullets. François Lecoeur, with his 3 children, looks desperate.

A short time later, we hear tanks on the road from Ravenoville. The Yankees arrive. We are safe.

Visit **legion.org** during the week of the 77th anniversary of D-Day to see more entries from Paul Renaud's journal.

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The man who would not give up on Flag Day

Bernard J. Cigrand was a 19-year-old Stony Hill, Wis., schoolteacher in 1885 when he conducted the first recorded Flag Day observance. A 10-inch flag of 38 stars, inside a bottle, was his only prop when he assigned students to write themes on the American flag in honor of the anniversary of the 1777 congressional resolution that established it.

Over the next 31 years, Cigrand campaigned relentlessly for national observance of the U.S. flag's birthday, making his first public proposal in June 1886. By then, he had left teaching and studied to become a dentist, and later a professor of dentistry and college dean, but he continued his crusade for the flag. Living in the Chicago area, he wrote for newspapers and magazines and lectured extensively on the flag and its history.

Library of Congress

In 1894, Cigrand and a Civil War veteran named LeRoy Van Horn called for a gathering in Chicago to form the American Flag Day Association, "whose purpose was to celebrate on the third Saturday in June and to conduct exercises in the interest of school children," according to a program published in 1976 to honor Flag Day in the year of the U.S. bicentennial.

The association, with Cigrand as president, conducted Flag Day celebrations in large Chicago parks. In 1894, those Flag Day celebrations in five major parks were estimated to have attracted some 300,000 children.

He went on to write no fewer than seven books on U.S. history and the flag. He contributed to the *Encyclopedia Americana* and was credited with helping draft the first Pledge of Allegiance. He was later called to service as a lieutenant in the U.S. Navy during World War I.

Cigrand's dream of national recognition for Old Glory was finally realized on June 14, 1916, when President Woodrow Wilson issued a proclamation calling for nationwide observance of Flag Day.

– *Jeff Stoffer*

Support Tango Alpha Lima podcast

In the first year of the American Legion Tango Alpha Lima podcast, the audience grew steadily, spiking with a record number of downloads in March with more than 4,400.

That's a good start, but American Legion Media & Communications Commission Chairman Walter Ivie believes the time is right for sustained growth in the medium.

"We started the podcast as a bit of an experiment to see if it resonated with our audience," Ivie says. "Soon enough it was confirmed that our members had an appetite for an American Legion podcast. We quickly went to a weekly format and have not looked back."

Still, there's room to grow, and American Legion Family members can help in several ways:

- Subscribe so that every episode is automatically downloaded to your account when it is released via iTunes, Spotify, Stitcher and other podcast-hosting sites. Episodes are released by 9 a.m. Eastern on Tuesdays.
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- Subscribe to the weekly Tango Alpha Lima newsletter, which contains links to new episodes, at **legion.org/tangoalphalima**.
- Nominate a guest to appear on the podcast by visiting **legion.org/tangoalphalima**.

Cratering trust in key institutions

56% Americans in 2021 who have "a great deal of trust and confidence" in the military, down from 70% in 2018

33% Americans in 2021 who have "a great deal of trust and confidence" in public health officials

21% Americans in 2021 who have "a great deal of trust and confidence" in public education

10% Americans in 2021 who have "a great deal of trust and confidence" in Congress

Sources: Ronald Reagan Institute, *Military Times*

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Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it… and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

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Restoration ahead for Bladensburg Peace Cross

As commander of American Legion Post 136 in Greenbelt, Md., Michael Moore helped prevent the removal of the Bladensburg World War I Veterans Memorial, also known as the Peace Cross.

In a landmark ruling in 2019, the U.S. Supreme Court sided with The American Legion, saying the monument does not violate the First Amendment and can stand.

Now Moore is leading efforts to raise $1 million to restore the memorial, built in 1925 to honor 49 Prince George's County men who died in the war.

Over the decades, it has withstood rain, lightning and damage from flooding. In addition, vehicles have hit the memorial, which stands in the middle of a traffic circle.

"It's had a lot of wear and tear," Moore says. "It's listed on the National Register of Historic Places. The problem is that it is in dreadful shape."

The memorial is overseen and maintained by the Maryland-National Capital Park and Planning Commission of the Department of Parks and Recreation. During the five-year court battle, the department was banned from making improvements. A tarp at the top currently protects the memorial from additional damage.

About two-thirds of funds needed for repairs has been raised, mostly from Gov. Larry Hogan and the Maryland Legislature. Additional contributions have come from American Legion posts, Legion Riders, community groups and individuals. A bricklayer's organization provided work *pro bono*.

Moore is optimistic that work will be completed before the memorial's 100th anniversary in 2025. "We'd like to have it before then," he says, adding that the entire area will be redone to allow pedestrian access.

On Veterans Day 2019, American Legion groups conducted the first ceremony at the memorial since the Supreme Court verdict. They returned a year later to pay tribute to those enshrined on the memorial, observing social-distancing measures.

As a boy, Moore visited the Peace Cross with his father, who fought at Guadalcanal and wanted his son to understand the service and sacrifice of those named on the memorial. "It stuck with me because he revered the place."

Every donation goes directly toward the memorial's restoration. To participate in the campaign, visit **pgparks.com/4890/friends-of-the-parks**.

– Henry Howard

Photo by Eric Kruszewski

More ways to help disabled veterans, families in need

While there are plenty of health benefits from activities related to 100 Miles For Hope, the campaign also goes a long way in improving the wellness of its beneficiaries. All proceeds from registrations, purchases of 100 Miles gear at Emblem Sales and donations go toward the American Legion Veterans & Children Foundation.

In addition to using the peer-to-peer fundraising feature on the app, participants are now able to use other methods to ask for donations from family members, friends and other supporters:

Online Visit **legion.org/donate100** so your donation to the Veterans & Children Foundation counts toward the 100 Miles challenge.

Facebook After logging in to your personal Facebook page, go to **facebook.com/fundraisers** and select "nonprofit." You should see a box that says "Choose a nonprofit." In the search bar, type *American Legion Charities*. Click on *American Legion Charities Inc.* Be sure to pick *American Legion Charities Inc.*, **not** *American Legion Charities*.

You will be directed to your donation page. The left-hand column is where you can edit the details of your fundraiser. It's recommended you make it specifically for 100 Miles For Hope. Because Facebook allows fundraisers to last only for 90 days, and the 100 Miles campaign lasts until Sept. 6, set the end date as far back as you can.

To update your cover photo, click the + icon in the upper-right-hand corner of the current image in the left-hand column. One you click that icon, a box will appear where you can upload a new photo.

Once you are finished making your changes, click Create. You will see a new window that offers suggestions on next steps. Click "Get Started" to start promoting your campaign on Facebook.

However you donate, know that all funds are tax-deductible, because American Legion Charities is a tax-exempt organization.

legion.org/100miles

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Richest Americans in history

"Of the 30 wealthiest Americans of all time," 24/7 Wall Street reports, "13 are still alive and hold a combined net worth of over $1.3 trillion." But many of the rest – including the richest man in U.S. history – made their fortunes in the 19th and 20th centuries. Here are the top five and their estimated net worth

5. Elon Musk *(1971-present)*, $168.9 billion

4. Sam Walton *(1918-1992)*, $181.8 billion in 2021 dollars

3. Jeff Bezos *(1964-present)*, $188.5 billion

2. Cornelius Vanderbilt *(1794-1877)*, $221 billion in 2021 dollars

1. John D. Rockefeller *(1839-1937)*, $272.7 billion in 2021 dollars

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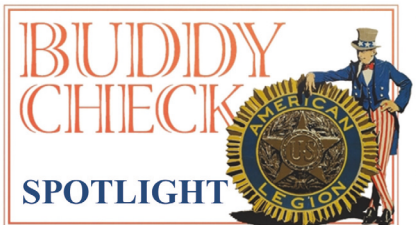

The American Legion's Buddy Check program has proven vital since it was installed as a formal nationwide initiative in March 2019. Thousands of veterans and their families have heard from Legionnaires across the land and received assistance, camaraderie and assurance that they have friends who can help, especially during the isolating times of the COVID-19 pandemic.

The American Legion Magazine recognizes posts that perform effective Buddy Checks in their communities, and encourages others to put together teams, make calls and report success stories at **legion.org/legiontown** under the Buddy Checks category. Selected submissions will be published monthly.

'A GREAT OPPORTUNITY TO THANK THE MEMBERS'

Oro Valley, Ariz., American Legion Post 132 has been conducting targeted member Buddy Checks for years, with emphasis on World War II- and Korean War-era members. Beginning in 2020, the calls were expanded to include all members. This year, the post's leadership team is again calling all 487 members. It is a great opportunity to thank the members for their service and to let them know that there is help available if needed. A secondary benefit to the post is that it allows us to update our member data records, which are used for communicating with the members and for recognizing milestones in their lives.

– Submitted by Edward Davis, Post 132

Learn how your post can conduct Buddy Checks: legion.org/buddycheck

A colorful black market

"LEGO larceny" is on the rise, NPR reports. Police in Europe are investigating "an international ring of toy thieves" who are stealing boxes of the colorful building-block sets in France with the goal of spiriting them to Poland for resale.

LEGO robberies are also happening in the United States. "A man in Oregon was arrested after local police suspected he stole $7,500 worth of LEGO toy sets," according to the report. Some have even suggested there may be a LEGO black market.

There's lots of money in LEGOs, largely due to the fact that LEGO produces limited-edition boxsets, which become collector's items. "There is an enormous amount of collectors out there who are missing out on certain sets right now and are willing to pay a lot of money for these sets," an auctioneer told NPR. For example, the LEGO Café Corner, which was released in 2007 for $150, today commands as much as $3,000. An unopened LEGO Star Wars Millennium Falcon set goes for upwards of $3,500.

Salute Iwo Jima's Heroes

Exclusive 75th Anniversary 99.9% Silver-Plated Proof

Admiral Nimitz's famed quote
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Genuine black sand from Iwo Jima
Depicts a U.S. Marine heading into battle
"UNCOMMON VALOR WAS A COMMON VIRTUE"
IWO JIMA
VOLCANO ISLANDS
FEB 19-MAR 26, 1945
WORLD WAR II

Design subject to change. This fine collectible is not legal tender and bears no monetary face value. Shown larger than actual size of 38.6mm.

KEY DETAILS

SPECIAL COMMMEORATIVE RELEASE:
New Proof coin salutes the 75th Anniversary of Iwo Jima, the gruelling island battle that paved the way for the surrender of Japan.

LIMITED AVAILABILITY:
Issued to honor this historic anniversary, editions are strictly limited. Due to the extremely low quantity available, only the earliest applicants will be able to successfully secure this superb tribute.

EXCLUSIVE DESIGN:
Intended as a collectors' item, this exclusive commemorative is offered in coveted Proof condition. Richly plated in 99.9% silver and depicts the famed flag-raising on Mt. Suribachi, plus an image of a U.S. Marine rushing into action.

SPECIAL ENHANCEMENTS:
Accented with genuine black volcanic sand from Iwo Jima island and era appropriate sepia-toned printing.

SECURED AND PROTECTED:
Your superb coin arrives sealed in a crystal-clear capsule to preserve it for years to come.

Remembering Uncommon Valor

Seventy-five years ago, in February and March of 1945, the tiny island of Iwo Jima became sight of some of the bloodiest warfare in the Pacific theatre. It was viewed as the gateway to an invasion of the Japanese mainland. From February 19 through March 26, 1945, U.S. forces, led largely by the 4th and 5th Marine Divisions, pounded the island into submission, fighting bravely for every inch of it against entrenched Japanese forces who fought nearly to the last man. Now The Bradford Exchange Mint proudly salutes this upcoming 75th Anniversary with *The 75th Anniversary of Iwo Jima Proof Coin.*

75th Anniversary Tribute.

This all-new commemorative tribute is richly plated in 99.9% fine silver for enduring value. On the reverse, special sepia-toned printing recreates the world-famous image of the second flag-raising by American Marines on the top of Mt. Suribachi. But better still, genuine volcanic sand from Iwo Jima itself is permanently affixed to the coin, bringing a genuine piece of the battle home. Specially prepared Proof-quality coining dies create its polished, mirror-like fields and raised, frosted images. The obverse portrays a Marine in action plus Admiral Nimitz's famous quote about the bravery of those who served on Iwo Jima: *Uncommon valor was a common virtue*. It arrives secured in a crystal-clear capsule for heirloom preservation.

Strictly Limited ... Order Now!

Order now at the $39.99*, issue price, payable in two installments of $19.98 each. You need send no money now, and you will be billed with shipment. Your purchase is backed by our unconditional, 365-day guarantee and you may cancel at any time simply by notifying us. Strong demand is expected for this early release 75th anniversary tribute, and editions are very limited. So don't delay, mail the coupon today.

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THE JOB FRONT BY WENDY S. ENELOW

How to answer concerns about hiring older workers

Do you consider yourself an "older" worker? And what does that even mean today when so many people are working into their late 60s, 70s and even 80s? Most job search and hiring experts agree that "older" means early 50s and beyond; the U.S. Bureau of Labor Statistics defines it as 55+.

If you're in this category, be aware of common concerns of employers when hiring older workers, and the best strategies to overcome them.

Overqualification and high salary Will the job-seeker take a position but continue to look for something better? Will they expect a higher salary? *Strategy:* Explain in your cover letter and interview why the job and company are ideal at this point in your career and why the salary is acceptable. Maybe it's an opportunity to enter a new industry, work for a company you admire or achieve better work/life balance.

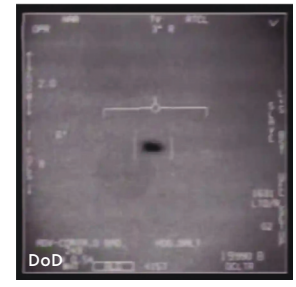
Technology Most older workers did not grow up with computers, so employers are concerned about their tech capabilities. Will they quickly learn new systems, programs and applications? *Strategy:* Share that technology has been part of your career for the past 10 to 15 years, as it has been for everyone else. Highlight your most impressive projects and operations. Be sure they know that technology is not a challenge for you, but an asset.

Multigenerational workforce Can older workers perform well in today's multigenerational workforce of Gen Z, millennials, Gen X and boomers? Can they handle working for a younger manager? *Strategy:* Chances are you've already worked in multigenerational environments since that is today's norm, so share experiences that demonstrate your success working in diverse organizations, and highlight occasions where you worked with or for younger individuals.

Health care Do older workers have the energy to keep up and meet productivity goals? Will they miss more work because of health issues? *Strategy:* Exude confidence, energy and enthusiasm throughout the hiring process, and briefly mention any sports or fitness activities. There is no data that suggests older workers use more sick time. In fact, many studies show the opposite to be true and showcase the reliability of older workers.

Wendy Enelow is a master résumé writer, and the author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles. ***wendy@wendyenelow.com***

"This is not a conversation like fine wine where the longer we keep a cork on it, the better it gets."



Luis Elizondo, former head of the Advanced Aerospace Threat Identification Program (AATIP), on a highly anticipated government report addressing "unidentified aerial phenomena," or UAPs. In a press conference, the Pentagon whistleblower described vessels that travel at 11,000 mph, and others without wings, cockpits or signs of propulsion that are able to defy the effects of gravity. "I think the government has acknowledged the reality of UAP," Elizondo says. "I think they all want answers and I think they are all willing to ask the hard questions."

Source: *The New York Post*

MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

Veteran Rapid Retraining Assistance Program

Q: ***I was discharged from the Army in 1982. I did not sign up or participate in GI Bill benefits since one had to contribute money to receive educational support. In April 2020, I lost my job due to COVID-19 layoffs. I strained through weekly job interviews, and discerned that I was being compared to younger, more tech-savvy professionals. As a result, I would like to earn a computer programming certificate. Will VA assist me given that I have no GI Bill benefits?***

A: The Veteran Rapid Retraining Assistance Program (VRRAP) is a new program signed into law March 12, as part of the American Rescue Plan. To be eligible for VRRAP, one must be between 22 and 66. Since you are currently unemployed due to COVID-19 streamlining, you are not eligible for the GI Bill, but VRRAP may be an opportunity to obtain your programming certificate, as it is one of the fastest-growing technology occupations. VA will pay a VRRAP-participating school 50% of tuition and fees when a veteran enrolls. It will disburse 25% on completion of training, and the last 25% when the veteran gains employment. The veteran will receive a monthly housing allowance while registered in classes.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 37 in Apache Junction, Ariz. ***askvalerie@legion.org***

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Breakthrough From #1 U.S. Hospital Clears up Sinus and Nasal Problems - Fast!

New discovery targets infected throat mucus - to stop post nasal drip, congestion, runny noses, coughing, sneezing, ringing ears, and sore throats

By Wayne B. Roberts
Associated Health Press

Doctors at a medical center based in Minnesota have discovered the real cause of nearly all sinus and nasal infections. They were shocked to find it is infectious fungi you inhale through your nose.

Now, a breakthrough 100% natural formula, **Sinuprol**, can help get rid of chronic sinus infection, called "sinusitis" – an insidious condition that can lead to blood clots and brain infection, causing abscesses, meningitis, and even death!

The sinus infection can also spread to your facial bones, triggering headaches, fever, and swelling in the eye socket -- which in some cases can cause loss of vision.

How Sinuprol works

Sinuprol is the FIRST nasal treatment that can quickly flush infected mucus from your nose -- without surgery.

Antibiotics, antihistamines, and steroid-containing nasal sprays are no help in fighting sinus infection. In fact, over-the-counter decongestant sprays can actually harm the small hairs lining your nose, causing mucus to build up even more.

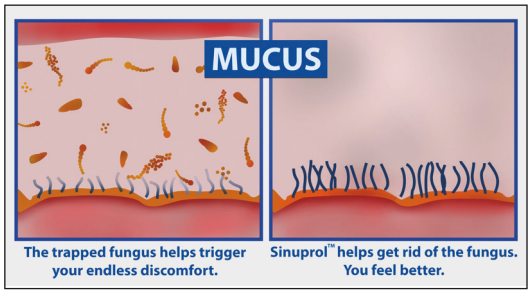
The result? Sinuprol can dry up runny noses, end constant coughing, and unclog your swollen nasal channels – safely, swiftly, and effectively.

"Up to now, the cause of chronic sinusitis has not been known," says Dr. David Sherris, ENT. "In fact, fungus is likely the cause of nearly all these problems."

Dr. Gary Bennett, MD says, "The root cause of fungal sinus infections is the exposure to fungus and mold spores in the air. Once inhaled, the fungi can become lodged in the mucosal lining of the sinuses."

Fungi triggers 96% of sinus problems

Top doctors have found that chronic sinus infection is caused by inhaling 40 different types of infectious fungus in the air you breathe. The proof? In a study of 210 people with sinus infections, 96% of them had fungus in their mucus.



Did you know you take approximately 24,000 breaths daily, inhaling 90 percent of the infection-causing fungi in your body through your nose? Or that insulation with poor ventilation, plus indoor mold and air pollutants, have triggered a plague of sinus and nasal problems affecting millions?

How? These harmful fungi hide in your throat, where they infect your mucus, causing your nasal passages to swell up.

Result: Congestion, dripping mucus, runny nose, endless sneezing, constant coughing, ringing in your ears, sore throat, and tenderness of the face. No wonder millions of sinus sufferers are now rejoicing about this new solution!

The natural alternative to nasal sprays

Sinuprol is a unique drug-free formulation made from all-natural ingredients. These include Urtica Dioica, Pinus Maritima, Petasites Hybridus, and other herbs clinically proven to fight fungal infection.

For instance, a clinical study published in the Journal Phytotherapy Research found that pinus maritima extract reduced nasal symptoms by 42% in just 8 weeks. In addition, Sinuprol also supports your upper respiratory system, so that you breathe more freely.

Dries up runny noses

A stuffed-up nose may be just a cold. Or, it may be something far worse: a sinus infection, otherwise known as "sinusitis."

According to the Centers for Disease Control (CDC), about 37 million Americans suffer from sinusitis. Sinus infections are responsible for 16 million doctor visits and $150 million annually spent on prescription medications.

Helps with allergies, too.

"Allergic rhinitis" is a chronic nose cold sparked by an allergy attack. Sinuprol can help end the sneezing, watery eyes, and congestion caused by allergic rhinitis. How? By blocking and sweeping out dust, mold, pollen, fungus, and animal hair before they cause bigger problems.

In a study appearing in Advances in Therapy, 580 patients took 16 mg of butterbur leaf extract, an active ingredient in Sinuprol, daily for 2 weeks.

STUNNING RESEARCH SHOWS that 38 different kinds of harmful fungus may be hidden in your mucus, causing sinus nightmares. Now a new doctor approved treatment dissolves infected mucus to help you breathe easier.

The symptoms of allergic rhinitis, which included sneezing and congestion, improved in 90% of the participants.

Keeps your nose fungus-free

Having sinus infection is not the norm: The National Institutes of Health reports that "healthy sinuses contain no bacteria or other germs. Mucus is able to drain out and air is able to circulate."

Whether your sinus discomfort is the result of an allergy, a fungus, virus, or from a bacterial infection, Sinuprol can help drain away infected mucus. The formula is manufactured in an FDA- registered facility. And no prescription is required.

UP TO 50% OFF FOR THE NEXT 10 DAYS

This is the official release of Sinuprol in the state. Therefore, everyone who calls within the next 10 days will receive up to 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for up to 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

Sinuprol is GUARANTEED to work great for you – or you PAY NOTHING with a 90-day unconditional money-back guarantee. It is NOT sold in stores. No prescription or doctor visit is required.

If Sinuprol does not rapidly clear up your sinus and nasal symptoms ... or you are dissatisfied for any other reason (or for no reason at all) ... just returned the unused portion or even the empty bottles for a prompt product refund. That way, you risk nothing.

All you have to do is CALL TOLL-FREE **1-888-998-6324** and provide the operator with the special up to 50% OFF discount approval code: **SNP142**.

Important: Due to Sinuprol's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10-day deadline for up to 50% OFF will have to pay more for Sinuprol.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. All doctors mentioned are remunerated for their services. All clinical studies on Sinuprol's active ingredient were independently conducted and were not sponsored by the makers of Sinuprol. All product and company names are registered® trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.

USAA **FOCUS ON FINANCES** BY J.J. MONTANARO

What to remember as you revamp your retirement plan

According to a recent *Kiplinger's Personal Finance* survey, nearly 60% of Americans withdrew or borrowed money from their IRAs or retirement plans in 2020. The CARES Act provisions that provided favorable tax treatment for these withdrawals were designed to help Americans cope with the financial challenges of the pandemic. As we shift gears in 2021, the question that comes to my mind is, "What's next?"

A CARES Act withdrawal, market volatility or the pandemic torpedoing your savings are just a few examples of 2020 happenings that might motivate you to revisit your retirement plan in 2021. If you're going down that path, learn from last year and expect the unexpected. Here are five factors to consider as you refresh your plan for retirement:

Working longer may not be an option. More than 30% of the survey's respondents plan to work longer to make up for the unexpected intrusion into their retirement nest eggs. That's good if you're willing and able. But health, an uncooperative employer or a bad job market may change your plans. *Planning implications:* Don't count on your ability to keep working into your golden years.

Final expenses are on the rise. According to the National Funeral Directors Association, the average cost of a funeral and burial is around $10,000. The kicker? According to the Bureau of Labor Statistics, the increase in funeral costs over the past 30 years has outpaced consumer prices for all items by over 100%. *Planning implications:* A plan for your final expenses should include funding (money set aside, final-expense life insurance, etc.) and how to administer them (will, letter of instruction, account ownership, beneficiary designation, etc.). USAA Life Insurance Company and USAA Life Insurance Company New York offer a range of solutions to help you cover final expenses. Call **1-888-531-9546** to learn more.

Inflation hasn't disappeared. While it's been mild – only eclipsing 3% once in the past 10 years – the fiscal and monetary moves made to battle the pandemic point to inflation ahead. *Planning implications:* Build rising prices into your retirement savings and income plans, and you won't be sorry.

You control several key levers. Unlike inflation, the markets or the whims of your employer, there are a few key retirement-plan inputs you totally own. These include your commitment to saving, your ability to avoid emotion-based decisions and your lifestyle choices. *Planning implications:* Focus on the things you control.

Clean up your balance sheet. We all want to see the economy kick back into high gear, but don't let your leveraged spending be the fuel that makes that a reality. Rolling into retirement with plenty on the asset side of your balance sheet, and little to nothing on the liability side, is a recipe for success. *Planning implications:* Planning to shed debt may seem a long way from planning and preparing for retirement. But if you successfully execute your debt-elimination plan, your retirement plan will fall into place a lot easier.

On a positive note, around 70% of the survey's respondents felt things would improve in 2021. As that happens, don't let the excitement – and relief – cause you to lose sight of your retirement plan.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

legion.org/usaa/focusonfinances

Phoenix tours, discounts await convention-goers

AZA Events will offer tours during The American Legion's 102nd National Convention in Phoenix in August. Attendees are responsible for registering and paying all tour charges. Go to **legion.org/convention/resources** for details, pricing and registration information.

- Scottsdale Art & Cultural Walking Tour
- A Taste of Phoenix or Scottsdale
- Valley of the Sun
- Heard Museum
- Desert Botanical Gardens Tour
- Musical Instrument Museum
- Native Cultures & Plants of the Southwest
- Architectural Digest: Frank Lloyd Wright & Paolo Soleri Tours
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The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** e-mail **reunions@legion.org** or submit information online at **legion.org/reunions**.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail **reunions@legion.org**.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine*, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine*, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

93rd Bomb Grp (WWII), Salt Lake City, 10/14-18, John Marx, (412) 327-1909, 109clearview@gmail.com; **656th Radar Sqdn,** Tucson, AZ, 9/27-30, John Tianen, (520) 749-2220, jtianen@earthlink.net; **756th Sqdn Assn,** Dahlgren, VA, 9/3-6, John Riccio, (804) 432-0038, 756squadronassociation@gmail.com; **Clark AB,** Las Vegas, 11/8-13, Laurie Battle, (803) 556-6812, lamayo0129@gmail.com; **RAF Upper Heyford U.S. Military Reunion (All Units & Ranks, 1950-1993)**, St. Charles, MO, 9/28-10/3, Jim Seymour, (845) 454-6641, seymour116@msn.com; **Stray Goose Int'l (Combat Talon)**, Fort Walton Beach, FL, 10/8-10, Lee Hess, (850) 240-0707, stgooseint@cox.net

ARMY

3-4 Cav, Herndon, VA, 4/20-24, Dave Cox, (830) 895-1172; **4th Bn 9th Inf Rgt (Manchu)**, Bloomington, MN, 9/8-12, Bob Lannon, (317) 745-4287, bobl99@hotmail.com; **4th Bn 39th Inf Rgt 9th Inf Div (Bear Cat/Dong Tam, Vietnam, 1966-1969)**, Charlotte, NC, 9/23-25, Jim Haines, (303) 809-1815, lzbearcat67@live.com; **7th Bn 13th Field Arty 1st Field Force Reunion All Btrys (Vietnam, 1966-1970)**, Biloxi, MS, 9/18-23, Kevin Calkins, (630) 542-1095; **7th Sqdn 17th Air Cavalry, "Ruthless Riders" / "Palehorse,"** Tucson, AZ, 10/13-17, Joe Writh, (201) 390-5350, joseph.writh@yahoo.com, ruthlessriders.co; **7/13th Arty, All Btrys (Vietnam),** Biloxi, MS, 9/18-23, Robert Adams, (859) 806-5199, cavnam67@gmail.com; **8th Bn 4th Arty**, Lawton, OK, 9/22-26, Larry Martin, (217) 417-0143, ngretired96@gmail.com; **12th Armd Div (75th Reunion)**, New Orleans, 7/14-18, Bill Vosseler, (610) 558-2163, hellcatnews@yahoo.com; **59th Land Clearing Co,** Kansas City, KS, 9/29-10/3, Mike Ryan, (785) 632-0617, mmryan@twinvalley.net; **101st Abn Div Assn, Florida Gulf Coast Chpt,** Tampa, FL, 2/9-12, Richard Pack, (813) 505-5240, ranger.pack@tampabay.rr.com; **119th Assault Heli Co (Pleiku, Vietnam)**, Branson, MO, 9/14-16, Spencer Gardner, (817) 629-3155, spencergardner619@gmail.com; **205th MP Co (Fort Leavenworth, KS, Mar 1971-Jan 1973),** Leavenworth, KS, 9/8, Larry Grebe, (574) 209-0273, ldgrebe@gmail.com; **246th Armor Assn,** Decatur, MI, 10/9, Gary Sternaman, (517) 262-7108, adjutantgary@gmail.com; **504th MP Bn,** Nashville, TN, 9/9-11, Charles "Tony" Sills, (770) 330-5236, loneoak34@hotmail.com; **630th Eng Co LE (Vietnam),** Branson, MO, 9/16-18, Cecil Brown, (731) 415-6460, cecilnbrown@charter.net; **A Co (Ace High) 2/12th Cav 1st Cav Div (1970-2020),** Chandler, OK, 6/17-20, Doyle "Cowboy" Miller, (405) 258-3660, millerbearcub5@att.net; **Aerial Rocket Arty Assn - 1st Cav, 101st Div, F79th,** Savannah, GA, 8/30-9/3, Herb Hirst, (503) 647-4600, hirst@q.com; **Alpha Trp 2/17th Cav 101st Abn Div**, Clarksville, TN, 9/15-19, Glen Veno, (810) 599-9999, gveno36@comcast.net; **B Co 2/327 Inf 101st Abn (Vietnam, 1967-1970)**, Branson, MO, 9/15-18, Bill Spielman, (402) 432-0635, bspiel7607@aol.com; **D Trp (Air) 1/10 Cav 4th Inf Div (Vietnam),** Las Vegas, 9/27-29, Ron Adams, (404) 713-0709, adamsofga@aol.com

COAST GUARD

***Owasco* WHEC 39**, Washington, DC, 11/4-7, Pete Marshall, (904) 610-1059, tpeterm46@gmail.com

JOINT

***Burton Island* (Navy & CG)**, Colorado Springs, CO, 8/30-9/3, Doug Huckins, (831) 402-2883, jdhuck@att.net; **Opn Paul Bunyan (All Units)**, Kansas City, MO, 9/29-10/3, Mike Davino, (919) 498-1910, 2ida.pao@charter.net

MARINES

1st Bn 1st Mar (Vietnam, 1965-1971), San Antonio, 10/6-10, Sam Verdeja, (952) 303-1534, samuelverdeja@yahoo.com; **3rd Recon Assn**, Tucson, AZ, 10/5-10, Floyd Nagler, (952) 440-1553; **41st Annual Marine Reunion,** Youngstown, OH, 8/7, Chester Kaschak, (330) 533-6084; **A Co 1/26 (1968-1970),** Quantico, VA, 10/7-10, Dennis Buschle, (315) 354-3597, pdbuschle@icloud.com; **Basic School Class 3/67**, San Diego, 10/21-24, Robert "Bob" Wright, (510) 333-3165, rbwright1@mac.com; **Basic School (TBS) 4, 5, 6 (1967),** San Antonio, 10/12-14, Ken Pouch, (860) 881-6819, kpouch5@gmail.com; **Golf 2/7 Vietnam**, Carson City, NV, 9/15-19, Bruce Guthrie, (760) 363-6141; **Mar Air Base Sqdns-49,** Earlville, MD, 9/18, Chuck McGarigle, (609) 291-9617, col_of_mar_ret@comcast.net; **Mar Corps Tankers Assn (MCTA)**, Washington, 10/14-18, Rick Lewis, (760) 304-0019, ricklent@aol.com

NAVY

***Abraham Lincoln* SSBN 602**, Charlotte, NC, 10/28-31, Gregory Crystal, (704) 608-0136, gcrystalssbn602@gmail.com; ***Algol* AKA 54,** Lexington Park, MD, 9/22-26, Michael Lane, (240) 298-7219; ***Badger* DE/FF 1071**, Nashville, TN, 9/8-12, Lois Harden, (734) 323-5698, loiso@umich.ed; ***Beale* DD/DDE 471**, New Orleans, 10/3-6, Diane Sorola, (337) 298-3434, sorolasorola@yahoo.com; ***Belknap* DLG/CG 26,** Kissimmee, FL, 10/20-24, Bill Staley , (336) 674-9740, goodstuff003@triad.rr.com; ***Billfish* SSN 676**, Branson, MO, 8/23-27, John Martin, (301) 697-2803, jmmartin622@yahoo.com; ***Bon Homme Richard* CVA 31/LHD 6,** Norfolk, VA, 9/22-26, Jim Barton, (814) 652-0085, ussbhrshipmates.org; ***Bristol* DD 857**, Myrtle Beach, SC, 10/25-29, Paul Ratcliffe, (570) 698-7102, pd_ratcliffe@msn.com; ***Capodanno* FF 1093,** Nashville, TN, 9/10-12, Patrick Siwa, (810) 728-2762, patricksiwa@yahoo.com; ***Concord* AFS 5**, Nashville, TN, 9/21-26, Sherry Mills, (719) 380-1412, sherry.acompletereunion@gmail.com; ***Coontz* DLG 9/DDG 40,** Nashville, TN, 10/7-10, Greg Siegel, (207) 751-4872, offduty1@

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ymail.com; ***Courtney* DE 1021,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Cromwell* DE 1014,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Current* ARS 22,** Branson, MO, 9/8-12, Gary Goode Jenson, (847) 797-4803, garyrjenson26@gmail.com; ***Dealey* DE 1006,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Denver* LPD 9/CL 58**, Cody, WY, 9/1-5, Gregg Blikre, (307) 682-5311, blik@vcn.com; ***Du Pont* DD 941,** Harrisburg, PA, 7/18-22, Bill Mervine, (302) 584-3381, wa3tag@gmail.com; ***Everett F. Larson* DD/DDR 830,** Indianapolis, 9/8-12, Art Jacobson, (480) 625-5050, artjacobson@gmail.com; ***Eversole* DD 789,** Indianapolis, 9/8-12, Art Jacobson, (480) 625-5050, artjacobson@gmail.com; ***Fort Snelling* LSD 30**, Savannah, GA, 9/12-16, Ray Batiato, (540) 239-0159, batman@swva.net; ***Franklin D. Roosevelt* CVB/CVA/CV 42 & Air Grps**, Jacksonville, FL, 7/28-31, Bill Solt, (321) 362-5806, info@ussfdr.com; ***Graffias* AF 29 & All Vietnam-Era AFs,** Branson, MO, 9/16-20, Dan Bulicek, (847) 567-5341, srchiefdan@comcast.net; ***Hammerberg* DE 1015,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Hartley* DE 1029,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Hawkins* DDR/DD 873**, New Orleans, 10/12-16, Donald E. Keller, (410) 465-1977, dkeller30@verizon.net; **HMM/VMM-165 (All Hands, All Yrs),** 10/21-24, Glendale, AZ, Al Dickerson, dickerson@hrtc.net, hmm165whiteknights.com; ***Ingraham* DD694**, St. Augustine, FL, 10/14-17, Gregory Miller, (814) 695-3246, gmamflyer@gmail.com; ***James Monroe* SSBN 622**, Branson, MO, 8/16-20, Larry Hook, (610) 554-7801, hook622@yahoo.com; ***John Paul Jones,*** Portland, ME, 8/29-9/2, Ray Schmidt, (716) 200-8511, landau365@yahoo.com; ***John Willis* DE 1027,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Joseph K. Taussig* DE 1030,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Larson* DD 830,** Indianapolis, 9/8-12, Art Jacobson, (480) 625-5050, artjacobson@gmail.com; ***Lester* DE 1022,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Lexington* CV 16**, Omaha, NE, 9/27-30, Gary Shorrel, (715) 828-5320, shorrel@charter.net; ***Lloyd Thomas* DD/DDE 764,** Dayton, OH, 9/28-10/2, Scott Sheffer, (814) 797-5458, lloydthomas@atlanticbb.net; ***Mars* AFS 1**, Norfolk, VA, 9/15-19, Marilou Briglin, (757) 286-3149, marilou.briglin@cox.net; **MCB 1, 9 & 10**, Gulfport, MS, 10/10-14, Peter Dowd, (617) 688-2512, seabeemcb1@yahoo.com; ***Mount McKinley* AGC/LCC 7,** San Diego, 9/15-19, Wes Brubacher, (707) 857-3522, webob@vbbn.com; **NAS Sanford (All Units & Sqdns, 1942-1968)**, Sanford, FL, 6/25-28, Debbie Ely, (470) 314-0201, leasmom81@aol.com; **NMCB 74 (All Eras),** Gulfport, MS, 8/15-19, Harold Hurst, (214) 533-7021; ***Northampton* CLC 1 (S-1 Div)**, Easton, PA, 10/10, Henry Spaziani, (570) 580-5955; ***Oak Hill* LSD 7,** Oklahoma City, 10/28-31, Raylah Holm, (509) 607-9021, raylah@aol.com; ***Okanogan* APA 220,** Colorado Springs, CO, 10/12-15, David Meierhoff, (620) 340-7406, damcsm@gmail.com; **Opticalman-Instrumentman Assn**, Norfolk, VA, 9/28-10/3, John Bryan, (706) 339-5905, bigjohn767@yahoo.com; ***Ranger* CVA/CV 61 (Shipmates, Mar Det, Air Wing, Midshipmen, Sea Cadets & Reservists),** Norfolk, VA, 9/29-10/3, Tom Ballinger, (210) 403-3302, sec.treas@ussranger.org; ***Shangri-La* CV/CVA/CVS 38**, Myrtle Beach, SC, 9/6-11, Al Miller, (484) 894-5121; ***Shelton* DD 790,** Indianapolis, 9/8-12, Art Jacobson, (480) 625-5050, artjacobson@gmail.com; ***Spiegel Grove* LSD 32**, Philadelphia, 10/20-25, Jim Yoder, (623) 853-9913, lsd32usn@gmail.com; ***Thomas A. Edison* SSBN/SSN 610,** North Charleston, SC, 3/8-13, Tom Teters, (760) 580-0238, ssret@icloud.com; **Tin Can Sailors 30th Annual Midwest Bull Session,** Kearney, NE, 8/6-7, Greg Jensen, (308) 708-2106, gwjensen@frontiernet.net; ***Trippe* FF 1075,** Nashville, TN, 9/10-12, Patrick Siwa, (810) 728-2762, patricksiwa@yahoo.com; ***Van Voorhis* DE 1028,** Washington, DC, 9/16-19, Marc Arsenault, (508) 248-5072, marc-a@charter.net; ***Vogelgesang* DD 862,** Charleston, SC, 10/22-24, Ron Savino, (703) 474-3185, ldobb@aol.com; **VQ Assn (VQ 1, 2, 5, 6 & NSG),** Warwick/Providence, RI, 10/4-7, Ronald Jarabak, (813) 390-3790, broken3@outlook.com; ***Worden* DLG/CG 18,** Portland, ME, 9/15-18, Dave Langevin, (201) 394-0779, dgldave@gmail.com

LIFE MEMBERSHIP

Post 446, IN: Jerry L. Carpenter, James L. Wiley

IN SEARCH OF

1st Recruit Tng Bn C Co Plt 140 (MCRD Parris Island, SC, Feb-Apr 1966), Kenneth Tolliver, (301) 351-7765, kenneth40000@yahoo.com

3rd Mar Div 3/12 105th Arty Btry (Con Thien, Vietnam, 1967), Kenneth Tolliver, (301) 351-7765, kenneth40000@yahoo.com

5th Army 144th Trans Co (Fort Riley, KS, 1962-1965), Larry (Hults) Quimby, (208) 659-8042, twinlakesjc@cs.com

43rd Tank Bn (WWII), Bill Vosseler, (610) 558-2163, hellcatnews@yahoo.com

81st Tact Ftr Wing (RAF Bentwaters, 1960-1966), Chuck Jones, (276) 695-9040

334th Comm Recon Co (Kafertal, Germany, 1951-1953), John "Jack" Hasson, (609) 425-6640, catjach@verizon.net

503rd Finance (Giessen, Germany, Sept 1975-Sept 1978), Kay Massengill, (919) 625-0030, kaymassengill923@gmail.com

575th Trans Co (Caserma Carlo Ederle, Vicenza, Italy), Fred Dintino, (215) 643-7970, fdintino@verizon.net

714th Tank Bn (WWII), Bill Vosseler, (610) 558-2163, hellcatnews@yahoo.com

801st (4211th) Opns Sqdn (Lockbourne AFB, OH, 1952-1955), Bob Skinner, (860) 489-7691, skinner06790@gmail.com

Air Police (James Connally AFB, Waco, TX, 1964-1966), Salvatore "Sal" LaManna, (858) 761-1421, sjlamanna@aol.com

***Alshain* AKA 55,** Tarrel J. Clark, (803) 438-1967, oldsalty55@hotmail.com

BYU AFROTC Footprints of Freedom (Provo, UT, 1975-1977, 1979-1981), Scott Beckstrand, (702) 397-6039, ssb@byu.net

CASU 8 (South Pacific, 1943-1945), Joe Aboussleman, (408) 247-0923

D Trp (Air), 1/10 Cav, 4th Inf Div (Vietnam, 1966-1971), Ron Adams, (404) 713-0709, adamsofga@aol.com

***Hammerberg* DE 1015 (1970-1971)**, Frank "Chick" Hennessy, (203) 858-3673, phennessy48@gmail.com

I Co 3rd Bn 5th Mar 1st Mar Div (A Shau Valley, 1968-1969), Joe Webb, (610) 532-4296

TAPS

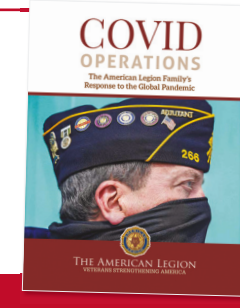
George Cyboron, Dept. of Nebraska. Dept. Cmdr. 2011-2012, Nat'l Americanism Cncl. Memb. 2012-2021 and Nat'l Distinguished Guests Cmte. Vice Chmn. 2011-2012.

Robert E. Gosa, Dept. of Mississippi. Dept. Cmdr. 1990-1991, Nat'l Americanism Cncl. Vice Chmn. 1991-1992, Nat'l Exec. Cmte. Memb. 2010-2021, Nat'l Sec. Cncl. Vice Chmn. 1984-1986 and 1987-1990, Nat'l Children & Youth Cmsn. Liaison Cmte. Memb. 2010-2013, Nat'l Citizens Flag Alliance Advisory Cmte. Memb. 2015-2018, Nat'l Exec. Cmte. Alt. Memb. 2006-2010, Nat'l Legis. Cmsn. Liaison Cmte. Chmn. 2015-2018, Nat'l Marketing Cmsn. Liaison Cmte. Chmn. 2018-2021, Nat'l Veterans Affairs & Rehab. Cmsn. Memb. 2005-2010, Nat'l Veterans Affairs & Rehab. Cmsn. Region 4 Chmn. 1994-1995, 1997-1998, 2000-2001 and 2003-2004, Nat'l Veterans Affairs & Rehab. Cmsn. Region 4 Vice Chmn. 1993-1994, 1996-1997, 1999-2000 and 2002-2003, Nat'l Veterans Affairs & Rehab. Cmsn. Region 4 Memb. 1992-2005 and Nat'l Veterans Employment & Education Cmsn. Liaison Cmte. Memb. 2013-2015.

Donald I. Holmquist, Dept. of New Hampshire. Nat'l Americanism Cncl. Vice Chmn. 2001-2002, Nat'l Foreign Relations Cmsn. Consultant 1991-1992, Nat'l Foreign Relations Cncl. Vice Chmn. 1992-1994 and Nat'l Public Relations Cmsn. Memb. 1982-1991.

Michael A. Quiles, Dept of Puerto Rico. Nat'l Foreign Relations Cmsn. Nat'l Cmdr.'s Rep. 1999-2000 and Nat'l Foreign Relations Cncl. Vice Chmn. 1989-1995.

Carmon Wheatcraft, Dept. of Nebraska. Dept. Cmdr. 1989-1990 and Nat'l Distinguished Guests Cmte. Vice Chmn. 1990-1991.



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The first five days after the weekend are the hardest.

I KNOW a farmer with a pig named Shakespeare. At least, that's his pen name.

WHEN I CALL a family meeting, I turn off the house's Wi-Fi and wait for them all to come running.

DID YOU HEAR about the ship that ran aground carrying a cargo of red and black paint? The whole crew was marooned.

OUR COMPUTERS went down at work, so we had to do everything manually. It took me 20 minutes to shuffle the cards for solitaire.

A BOY got on the elevator in the Empire State Building in New York City. He and his father started to the top. The boy watched the signs flashing as they ascended: 10, 20, 30, 40, 50, 60, 70. Anxious, he took his father's hand and said, "Daddy, does God know we're coming?"

A SCHOOLTEACHER injured his back and had to wear a plaster cast around his upper body. It fit under his shirt and was not noticeable.

On the first day of the semester, still with the cast under his shirt, he found himself assigned to the toughest students in school. Walking confidently into the rowdy classroom, the teacher opened the window as wide as possible and busied himself at his desk.

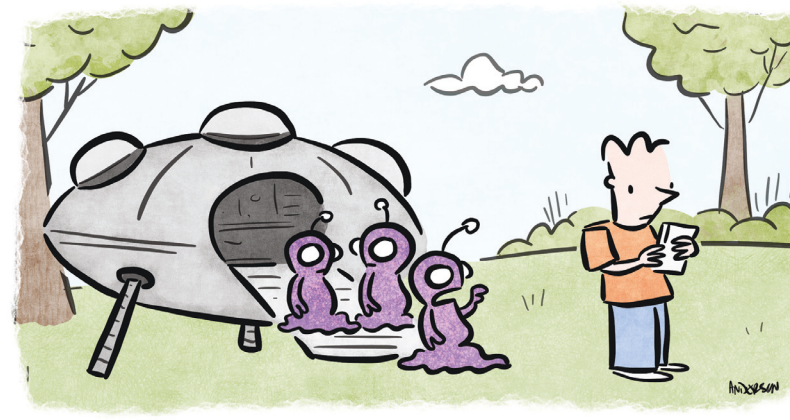
When a strong breeze made his tie flap, he took a stapler and stapled the tie to his chest. Discipline was not a problem from that day on.

BIGFOOT is sometimes confused with Sasquatch, Yeti never complains.

THE DINNER I cooked for my family was going to be a surprise, but the fire trucks ruined it.

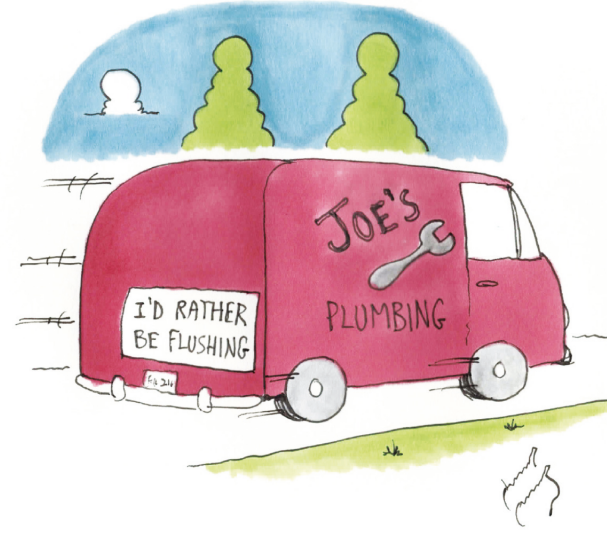
A YOUNG WOMAN brought her boyfriend home to meet her parents. They were horrified by his greasy hair, foul language and hostility.

After he left, the mother said, "Dear, he doesn't seem like a very ... nice person." The daughter replied, "Mom, if he wasn't a nice person, would he be doing 500 hours of community service?"



"Hey! You there! I said take us to your leader! *Hello*?"

"I thought I told you to throw that boomerang away."



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dish

If you are active-duty military or a veteran, mention "Military Offer" to get your additional benefits.

Military and Veteran offer requires verification within 30 days of account activation to continue receiving monthly movie rental and Stars & Stripes Pack at no additional cost.
Offer for new and qualifying former customers only. All offers require credit qualification, 2-year commitment with early termination fee and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling or Hopper 3 $5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper $15/mo., Joey $5/mo., Super Joey $10/mo.
Important Terms and Conditions: Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. **Offer ends 7/14/21. 2-year commitment:** Early termination fee of $20/mo. remaining applies if you cancel early. **Included in 2-year price guarantee at $64.99 advertised price:** America's Top 120 programming package, local channels, HD service fees, and Hopper Duo for 1 TV. **Available with 2-year price guarantee for additional cost:** Programming package upgrades ($79.99 for AT120+, $89.99 for AT200, $99.99 for AT250), monthly fees for upgraded or additional receivers ($5-$7 per additional TV, receivers with additional functionality may be $10-$15). **Regional Sports:** RSN Surcharge of up to $3/mo. applies to AT120+ and higher packages and varies based on location. **NOT included in 2-year price guarantee or advertised price (and subject to change):** Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. **Premium Channels:** After 3 mos., you will be billed $30/mo. for STARZ, Showtime and DISH Movie Pack unless you call to cancel. **Other:** All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected you will be billed $9.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. © 2021 DISH Network L.L.C. All rights reserved.

UNITED STATES GOVERNMENT ISSUED

GOLD AMERICAN EAGLES

HONORING ALL WHO SERVED

Beginning today, Nationwide Coin & Bullion Reserve will take orders on a first-come, first-served basis for these beautiful one ounce $50 Gold American Eagle coins. Gold Eagles are the perfect way for Americans to protect their wealth and hedge against inflation and global uncertainty. **This offer is for new customers only.** There is a strict limit of one coin per household, per lifetime. Nationwide has set these one ounce $50 Gold Eagles at the incredible price of only $1,820.00* each. There are no mark ups, no premiums, and no dealer fees. This at-cost offer is meant to help ease the American public's transition into the safety of gold.

Global turmoil, an overpriced stock market, and the recent gold correction make this the perfect time to move into gold. Everyday citizens make the decision to move away from a declining dollar and the dangers of Wall Street toward the safety of gold. **Call today** to order your one ounce $50 Gold American Eagle at dealer cost for only $1,820.00* each.

AT COST, ABSOLUTELY NO DEALER MARK UP! CALL NOW!

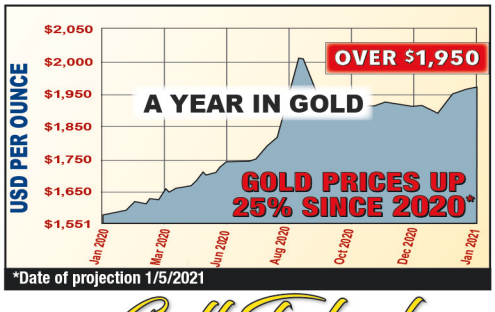
AT NATIONWIDE COIN & BULLION RESERVE WE GUARANTEE THAT YOUR FIRST PURCHASE OF ONE $50 GOLD AMERICAN EAGLE WILL ALWAYS BE AT COST AND COMPLETELY FREE OF ANY DEALER MARK UP.

We cannot extend this invitation to the entire public. Hopefully, the lucky few who receive this offer will take advantage of this rare opportunity to learn about the safety in gold diversification.

Trustpilot ★★★★★ Rated "EXCELLENT"

GOLD IS UP OVER 25% IN THE LAST YEAR

Leading financial experts predict the gold market to continue in the same pattern witnessed over the last year. Due to ongoing international uncertainty, the price of gold is predicted to skyrocket. This may be your final opportunity to buy gold below $2,000 an ounce.



- **AT COST OFFER** absolutely no dealer mark up ✓
- **FREE SHIPPING** & Insurance on all coins ✓
- **HASSLE FREE** no haggle or hassle sales ✓
- **SPECIAL ARRANGEMENTS** now available for orders of $50,000 or more ✓

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KEY CODE: ALM-210552

*Advertised price at time of printing. Ad creation date 4/16/2021. Actual price may be higher or lower due to fluctuations in the gold market. Call for lowest At-Cost price. Nationwide Coins has the lowest advertised price for $50 Gold American Eagles in the industry. We will match any other verified offer of the advertised coin. Nationwide Coin & Bullion Reserve is a retailer of precious metals and rare coins and does not provide investment advice or financial planning. Anyone considering purchasing metals or rare coins as an investment should consult an investment professional. All transactions with and purchases from Nationwide Coin & Bullion Reserve are subject to its Terms & Conditions, which are available for review on its website at www.nationwidecoins.com/terms-conditions.